

Meal Prep Class #4 Grocery List

Hummus	Substitutions	To Do The Night Before	Equipment Needed
1# tomatoes			Cutting board and knife Measuring cups and spoons Food processor or blender
8 cloves garlic			
Balsamic vinegar			
Shoyu	Coconut aminos, braggs		
Dried oregano, dried basil			
Chickpeas			
Tahini			

Salt and Vinegar Chickpeas	Substitutions	To Do The Night Before	Equipment Needed
Chickpeas			Small pot Measuring cups and spoons Baking sheet Parchment paper
White vinegar	Apple cider vinegar, rice vinegar		
Olive oil	Canola oil, veg oil		

Sliders	Substitutions	To Do The Night Before	Equipment Needed
Chickpeas			Mixing bowl Measuring cups and spoons Cutting board and knife Mixing spoon
Bbq sauce	Buffalo sauce		
Garlic powder, chili powder			
Buns	Tortillas, bread, pita		
Red cabbage	Green cabbage	Shred	
Carrot		Shred	
vinegar			
Optional Toppings: Pickles, red onion, lettuce, tomato, mayo, mustard		Cut veggies	

Thai Salad	Substitutions	To Do The Night Before	Equipment Needed
Quinoa	Rice	Cook quinoa	Cutting board and knife Measuring cups and spoons Mixing bowls
Red bell pepper	Green, yellow, or orange bell pepper	Dice	
Zucchini		Spiralize or slice thin	
Carrot		Shred	
Red and green cabbage	Coleslaw mix	Shred	
Chickpeas			
Cilantro (optional)			
Green onion		Chop	
Jalapeno (optional)		dice	
Dressing:			
Peanut butter	Pb2, almond butter, tahini		
Ginger, garlic			
Apple cider vinegar	Rice vinegar		
Curry powder			
Cayenne pepper (optional)			
turmeric			
Optional garnish: cilantro and roasted peanuts			