

Mix-and-Match Meal Prep Class
Grocery + Equipment List

<p><u>Basics and Spices</u></p> <ul style="list-style-type: none"> • Salt and pepper • 4 tablespoons extra virgin olive oil • 4 tablespoons avocado, organic canola, or refined coconut oil 	<p><u>Pantry</u></p> <ul style="list-style-type: none"> • Two 14-ounce cans white beans • 1 cup quinoa • 1/2 cup tahini
<p><u>Produce, etc.</u></p> <ul style="list-style-type: none"> • One 14-ounce block extra firm tofu • 1 ripe vine tomato • 1 large bunch parsley • 3 medium garlic cloves • 5 lemons • 2 to 3 pounds mixed vegetables for roasting. I'll be using 1 large red onion, 1/2 pound cremini mushrooms, a bell pepper, and a large carrot. You can also use broccoli, cauliflower, Brussels sprouts, zucchini, and/or sweet potatoes. (Regardless of what you choose, the cooking technique will be the same) 	<p><u>Equipment</u></p> <ul style="list-style-type: none"> • Large cutting board • Sharp knife • 2 medium mixing bowls • 1 small pot with a lid • 1 large non-stick skillet • 1 large rimmed baking sheet • Citrus juicer (if you have one)

Note: *There's no need to pre-chop the ingredients. Just gather your ingredients and equipment prior to the class and we'll prep everything together!*