

SHOPPING LIST

SPRING QUINOA BOWLS:

Produce

- *Small butternut squash or 8 carrots*
- *Asparagus - 8 stalks*
- *Avocado - 1*
- *Cilantro - 1 bunch*

Dairy/Refrigerated

- *½ cup feta or goat cheese*
- *Pesto - 1/3 cup*

Canned Goods/Grains/Staples

- *Large can chickpeas*
- *Quinoa - 1 cup (can substitute with farro)*
- *Coconut milk - 1 (14.5 oz) can*
- *Walnuts - ½ cup*
- *Maple syrup - 2 TBS*
- *EVOO - 2 TBS*
- *Salt & pepper*

