2 boxes extra firm tofu

1 egg

2 cups cooked quinoa

chia seeds

Fruits & Vegis

1 cup butternut squash

12 tomatoes

1 lb grape or cherry tomatoes

4 red onions

5 yellow onions

3 sweet bell peppers

2 red bell pepper

1 orange or yellow bell pepper

8 small green chilies or jalapenos

3 sweet potato

1 lb. green beans

1 lb. frozen green peas

1 potato

1 cup fresh organic blueberries

1 avocado

1 mango

3 ripe bananas

2 large beets

mixed dark leafy greens

1 bunch Asparagus

sprouted mung beans

sprouted chickpeas

1 mango

6-8 strawberries

1 English cucumber

10 grape or cherry tomatoes

14 cut lengthwise baby carrots or 4 medium carrots

5 big carrots

5-7 stalks celery

2 & 1/2 cup Greek yogurt

4 limes

3 inch piece ginger

16 cloves garlic

Herbs

5 bunches fresh cilantro

fresh basil leaves

Pantry

extra virgin olive oil

coconut oil

baking soda

4 cans black beans

8 oz. can pumpkin puree

tomato paste

1 can unsalted tomato sauce

unsweetened shredded coconut

sugar and or coconut sugar

whole wheat flour

3/4 cup almond flour

2 cup raw organic honey

maple syrup

3cups vegetable broth

soy sauce

Sriracha sauce

peanuts

walnuts chopped

almonds chopped

pecans chopped

sunflower seeds

unsweetened coconut milk

8 oz. chickpea angel hair pasta

old fashioned oats

1 cup mixed lentils

Spices

mustard seeds

cumin powder

ground coriander

ground cumin

chili powder

ground black pepper

whole cumin seeds

salt

turmeric powder

bay leaves

ground cardamom

crushed red pepper

allspice or pumpkin spice powder

vanilla extract

almond extract