

Grocery List 2.19.2019

tempeh tacos

- tempeh
- onion
- vegetable broth

stir fry

- tofu
- onion
- garlic
- soy sauce
- carrot
- pepper
- water chestnut
- snow peas
- babby corn
- vegetable broth

quinoa salad

- lemon
- red onion
- carrot
- pepper
- chickpeas

pasta

- pasta
- diced tomatos
- tomato paste
- onion
- garlic
- pepper
- vegg sausage

misc

- salt
- chia seeds