**Bowls**

Cabbage

Tempeh/tofu

Vegetables

Grains

Nuts

Dried fruit

Oil/ aolie/ dressing etc….

**Chinese**

Dumplings

Stir-fries (Gong bao dou fu

**Mexican**

Bowls

Tacos

Burritos

Nachos

**FISH**

Fish & chips

Fish & rice

Salmon Patties

**Sandwiches**

Greek Sandwiches / Wraps

Veggie Burgers

Veggie Hash with eggs-- baked

Impossible Burgers

Soups

Pho / Ramen

Cabbage potato soup

Tortilla Soup

Vegetarian Chili

**Italian**

Pizza

Spaghetti

Lasagna

Roasted Vegetables

**Salads**

Tuna pasta salad

Ceasar Salad

Kale Salad

Broccoli salad

**Thai**

**Indian**

Greens

Bits and Pieces

**04/07/2021**

Favorite ingredients: lemons, sliced almons, turmeric, greens, eggs, pepitas (toasted), coconut oil

Dumplings

Pasta

* Can
* Roasted vegetables

Pizza

Lasagna

Quiche

Fish

Stir-fry

Greens

Salads

* Broccoli salad
* Combo Chickpea / Caesar Salad

Soups

* Vegetarian Chili
* Miso base

Breakfast

* Krosper
* French Omlette
* Pancakes
* Crepes

Baking

* Muffins
* Cakes
* Cookies
* Quinoa Cookies

**Condiments**

* Homemade habanero hotsauce
* Pickled onions
* Malt Vinegar
* Brew’s Yeast

03/30/2021

**Diet:**

Cranberries

Raw almonds

Almond slivers make everything better

Coconut oil

Turmeric

Ginger

Greens

Eggs

Dairy

Berries

Cruciferous vegetable

Broth

Thoughtful about carbs

cabbage

Thoughtful about processed sugar

Protein— tempeh, tofu, fish,

4/18/2022

Took a trip to Spaceland thanks to betsy’s homemade habanero hot sauce. I was kind of surprised by the fat column of sauce she poured down the length of our as yet unwrapped wraps-- a large, soft flour tortilla around roasted chickpeas, feta cheese, romaine lettuce, kalamata olives and creamy cucumber sauce. The angry red column marched along the crease of the sandwich, stacking out its position, preparing for the all out assault to come.