

## Recommended Ingredient List

**Nutritional Yeast** - Great source of protein and B12. Nutritional Yeast has a nutty flavor and is used in a lot of cheese and sauce recipes. We use it ALL THE TIME now, on almost everything.

**Cashews** - Great source of fat and also helpful in sauces, dressings, cheese recipes

**Agave** - you can also use honey, but vegans stick to agave. Use as a sweetener

**Maple Syrup** - same as above

**Crushed or chopped garlic**

**Minced ginger**

**Chili Oil**

**Soy Sauce (some recipes will say tamari or liquid aminos - we use soy sauce)**

**Corn Starch**

**Rice Vinegar**

**Coconut Milk**

**Jalapenos**

**Chickpeas**

**Lentils** - a great, low-fat source of protein, along with other essential nutrients

**Quinoa** - same as above

**Rice**

**Oats**

**Tofu**

**Tempeh**

**Walnuts**

**Almonds**

**Whole Flax Seeds** - grind in coffee grinder or pepper mill or blender and store in freezer. Flax seeds can be used to replace eggs in a lot of recipes like veggie burgers. There are instructions out there for it, but basically let ground flaxseed sit with water for a bit in a small bowl and it thickens up. we use these a lot!

**Medjool Dates**

**Peanut Butter**

**Tahini**

**Black Beans**

**Veggie Broth**

**Lemons (or lemon juice)**

**Limes (or lime juice)**

**Turmeric**

**Chili Flakes**

**Ginger**

**Onion Powder**

**Garlic Powder**

**Cumin**

(you'll start to accumulate these - meal prepping helps cuz you can grab a spice if you need it/ think you'll make the recipe again).

**Lots of fresh fruits and veggies!**

A lot of the recipes will say coconut oil or coconut sugar, but you can use regular sugar or oil. We don't use any oil if you ever want to know about that. Also feel free to ask me about any ingredients a certain recipe may call for that you're not sure about. You may be able to substitute!