



## YOUR OPTIONAL SHOPPING LIST

### Drinks

**Optional Cocktail: add Gin and Ice**

### Boosting Buddha Bowls

#### ALL DIETS

brown rice or quinoa	1/3 cup tahini
1 sweet potato,	olive oil
2 radishes	1 tbsp maple syrup
2 carrots,	1 thumb ginger
1/3 red cabbage	1 garlic clove
1 can chickpeas	1/2 tsp turmeric powder
1 cup kale	
4 tbsp lemon juice	

### Asian Spiced Pears

#### ALL DIETS

2-3 pears	350g coconut cream
1 cup sugar	(alternatively use only the solid white part of a can of coconut milk)
4 tbsp lemon juice	2 tbsp honey
5 star anise	
2 cinnamon sticks (or 1 tsp powder)	
1 tsp vanilla essence	
1 clove	