

# SHOPPING LIST

## COOKING WITH KIDS

Vegan Sloppy Joes

Confetti Coleslaw

Carrot Cake Bites

### PRODUCE

1 large yellow onion  
1 red bell pepper  
1 head garlic  
lentils (1 1/2 c dry or 4 c cooked)\*  
1 small head purple cabbage  
1 small head green cabbage  
1 bunch kale  
5 carrots  
1 bunch cilantro  
1 bunch scallions

### GROCERY

8 buns or wraps  
1 12-oz package pitted dates  
1/2 cup unsweetened coconut flakes  
1/3 cup shredded coconut

### FROM YOUR PANTRY

salt & pepper  
extra virgin olive oil  
2 c tomato sauce  
liquid smoke  
apple cider vinegar  
pure maple syrup  
molasses  
garlic powder  
onion powder  
smoked paprika  
cumin  
chili powder  
dried mustard powder  
cinnamon  
nutmeg  
1/2 cup sliced almonds  
1/2 cup walnuts  
1 cup oats  
1/4 c almond/cashew butter  
vanilla extract

### SHORTCUTS/NOTES

\*find precooked lentils in the refrigerated grocery section!

\*\*find pre-shredded cabbage and kale in the refrigerated grocery section!