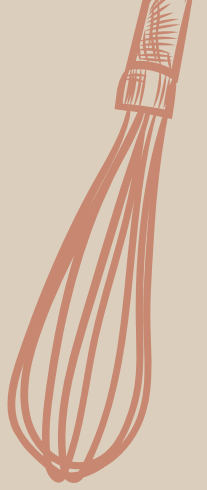


RETREAT YOURSELF RECIPE BOOK



Shopping List



Fresh Produce

- Bananas (5–6 for smoothies and recipes)
- Sweet potatoes (3–4 medium)
- Spinach (1 bag or bunch for smoothies and salads)
- Mixed greens (1 bag for salads and wraps)
- Avocado (2, for Grinch Smoothie and Veggie Wrap)
- Cucumber (1, for salad and wrap)
- Carrots (1 small bag of shredded carrots or whole carrots)
- Red onion (1 medium for salad and omelette)
- Beets (1 small can or 1–2 fresh for salad)
- Optional: Other veggies for the omelette (bell peppers, mushrooms)

Proteins

- Eggs (1 dozen, for omelette)
- Cooked chicken (rotisserie chicken or pre-cooked, about 1 cup)
- Hummus (store-bought or ingredients to make it: chickpeas, tahini, lemon juice)

Canned & Dry Goods

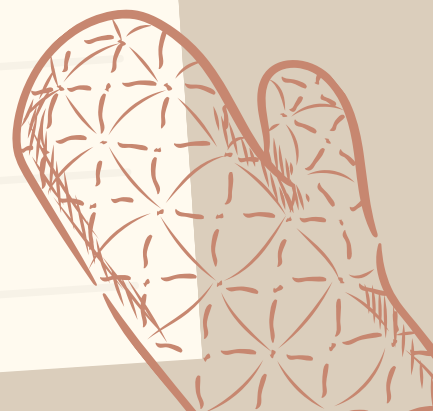
- Pumpkin puree (1 can, for soup)
- Canned chickpeas (1 can, for salad and hummus)
- Lentils (1 cup dried or 1 can, for salad)
- Almond milk (or regular milk) (1 carton)
- Vanilla protein powder (1 container)
- Tahini (1 jar)
- Molasses (1 small container)
- Honey or maple syrup (optional sweetener for smoothies)
- Olive oil (1 small bottle for salads)
- Ground ginger (1 small jar or fresh ginger root)
- Garlic powder (1 small jar)

Spices & Condiments

- Cinnamon (1 small jar)
- Salt (to taste)
- Pepper (to taste)

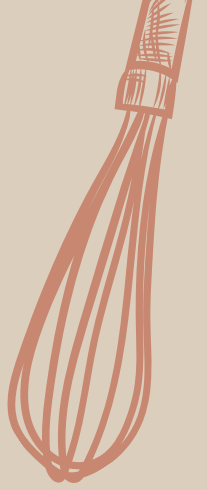
Extras (optional)

- Cocoa powder (if desired for a chocolate flavor in smoothies)
- Pumpkin seeds or yogurt (for soup topping)





SMOOTHIES



GINGERBREAD PROTEIN SMOOTHIE OR BOWL

- 1 banana (use in Green Grinch Smoothie and Tahini Coffee Smoothie)
- 1 cup unsweetened almond milk (or regular milk)
- 1 scoop vanilla protein powder
- 1 teaspoon ground ginger (also use in Pumpkin Soup)
- 1 teaspoon cinnamon
- 1 tablespoon molasses
- Optional topping: 1 tablespoon hemp seeds (or granola)

GREEN GRINCH SMOOTHIE

- 1 cup fresh spinach (use in Salad)
- 1 frozen banana (from Gingerbread Smoothie)
- 1/2 avocado (use in Veggie Wrap)
- 1 cup almond milk (or regular milk)
- Optional: 1 tablespoon honey or maple syrup (optional sweetener)



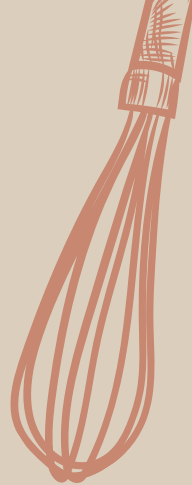
TAHINI COFFEE SMOOTHIE

- 1 cup brewed coffee (chilled)
- 1 frozen banana (from previous recipes)
- 2 tablespoons tahini
- 1 cup almond milk (or regular milk)
- Optional: 1 tablespoon cocoa powder (if you want it chocolaty)





MEALS



CHICKEN HUMMUS SWEET POTATO WRAP

- 1 whole wheat or gluten-free wrap
- 1/2 cup cooked chicken (use leftover or prepare together with sweet potatoes)
- 1/3 cup hummus (can make from canned chickpeas)
- 1 small sweet potato (use the same in Salad)
- Mixed greens or spinach (leftover from Green Grinch Smoothie)

HEALTHY PUMPKIN SOUP

- 1 can (15 oz) pumpkin puree
- 1 onion, diced
- 2 cups vegetable broth
- 1 teaspoon garlic powder (use in Chickpea Lentil Salad)
- 1 teaspoon ground ginger (from Gingerbread Smoothie)
- Optional toppings: pumpkin seeds or yogurt

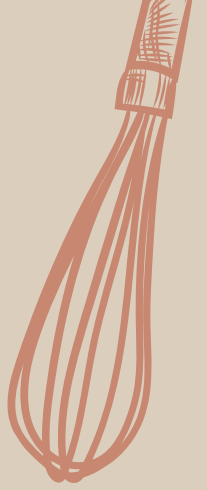
OMELETTE

- 2 eggs
- 1 tablespoon milk (or use almond milk)
- 1/4 cup of diced vegetables (use leftover from Wrap and Salad)
- Optional: cheese or herbs that you have on hand





SALADS



CHICKEN, SWEET POTATOES, AND BEETS SALAD

2 cups mixed greens or spinach (leftover from Wrap and Smoothies)
1 cup cooked chicken (from the Wrap)
1 small sweet potato, cubed and roasted (from Wrap)
1/2 cup cooked beets (or canned)
Dressing: 2 tablespoons olive oil, juice of 1 lemon, salt, and pepper

CHICKPEA LENTIL SALAD

1 can chickpeas (coincides with Hummus)
1 cup cooked lentils (bulk prepare together with sweet potatoes)
1 cucumber (use in Veggie Wrap)
1/4 red onion, finely chopped (use in Omelette)
Dressing: 3 tablespoons olive oil, 2 tablespoons apple cider vinegar, salt, and pepper



VEGGIE WRAP

1 whole wheat or gluten-free wrap
1/2 avocado (from the Green Grinch Smoothie)
1/2 cup shredded carrots (you can buy a small pre-packaged bag)
1/2 cucumber (from Chickpea Lentil Salad)
Leafy greens (from previous salads)

