

"Healthy Doesn't Have To Be Hard"

FUELLED Bermuda Group Cooking Demonstrations



Grocery List – Monday, December 1, 2020

Vegan Protein Powerballs!

Produce

Aprx 1 cup dried prunes (or figs or dates)

Aprx 1 cup dried apricots (optional)

Plant Protein

Chia seeds

Raw almonds (roasted are OK too)

Almond butter

Tahini

Spices and Condiments

Pink Himalayan salt (ground)

Virgin coconut oil – big container (best price is at Price Rite for Virgin Organic Coconut Oil ~\$24)

Flour, Grains & Pasta

None

Dairy

None

