

delicious dish

Take it Down Tuesdays – Poke Bowls and Treats
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
super charged cauli-quinoa poke bowl	“Riced” cauliflower English cucumber Avocado 1 sweet potato Kale leaves Raw salmon or tuna or 1 block tofu 1 lime	1 cup dry quinoa Rice vinegar Honey Grapeseed or sesame oil Low sodium tamari or coconut aminos Roasted black and white sesame seeds 1 package of roasted nori sheets	Large fry pan	Cook Quinoa (see recipe) Cook Sweet potato Cook Kale
OMG almond butter cups (or peanut butter or tahini)		3 bars (100 grams each) of 70% bittersweet chocolate Maple syrup Coconut oil Natural almond or peanut butter or tahini Flaky sea salt, I like Marldon sea salt	Mini muffin tin Mini muffin tin liners Glass bowl Small pot	