

delicious dish

**Take it Down Tuesdays – Taco (bowl) Tuesday – Vegetarian
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
lentil shiitake hippy taco bowl	1 large yellow onion Sliced shitake mushrooms 4 cups “riced” cauliflower 1 bunch of kale 4 eggs Fresh garlic Orange juice (or lemon juice) Fresh basil Fresh cilantro 1 avocado Micro greens or sprouts	COOKED Lentils (use canned or cook some) Apple cider vinegar Kosher or sea salt Freshly ground pepper Coconut oil Yellow or white miso Honey Light tamari (or soy) Red chili flakes Rice vinegar	Large fry pan Blender	Cook lentils or use canned
fresh mango and cabbage slaw with lime	2 under ripe mangos 1 green apple 1 (14-ounce) bag coleslaw mix* (about 7–8 cups)* Plain low fat Skyr or Greek yogurt Fresh cilantro 1 lime 2 green onions 1 jalapeño or serrano pepper	Unseasoned rice vinegar Honey Dijon mustard Grapeseed oil	Mandoline or sharp knife	Peel Mango