

# SHOPPING LIST

Shane & Simple's Chipotle Chickpea's, Mashed Sweet Potatoes, Easy Skillet Green Beans, and The Best Vegan Mac and Cheese

## FRESH

- 2 lbs or 5–6 medium sweet potatoes
- 1 lb. fresh green beans
- 2 cloves of garlic

## REFRIGERATED

- 1¼ cup unsweetened non-dairy milk

## CONDIMENTS

- 1 Tbsp low sodium soy or tamari sauce
- 2 Tbsp pure maple syrup
- 2 Tbsp lemon juice
- 1 Tbsp apple cider vinegar
- 1 tsp mustard (yellow or dijon)

## SPICES

- 2 tsp of salt
- 1 ½ tsp chipotle chili powder
- 2 ½ tsp garlic powder
- ½ tsp onion powder
- ½ teaspoon ground cinnamon
- ½ tsp turmeric
- ½ tsp smoked paprika
- red pepper flakes (optional)

## CANNED/BOXED

- 1 15-ounce can no salt added or low-Sodium chickpeas
- 16 ounces of elbow or shell pasta of choice, ideally whole grain
- ¼ cup low sodium vegetable broth

## NUTS

- 2 cups raw cashews

## OTHER

- ¼ cup + 2 Tbsp nutritional yeast

## HELPFUL HINTS

Check off the ingredients you already have. (Make sure you have the full amounts, not just one teaspoon in the bottom of the jar, when you need 3.)

Head to the store with your list and check off each ingredient as you go.