



## MAKE IT FUN HEALTH

### Daring Adventure Cooking Jam - Week 2 Grocery List

#### BG's (Breakfast Greens)

Choose:

1. Any leafy greens such as spinach, kale, arugula, etc.
2. 1 orange
3. Cherry or grape tomatoes
4. Seedless grapes
5. Celery
6. Seeds such as unsalted sunflower seeds, ground flaxseed, or chia seeds

#### Veggie Stash

Choose any combination of raw vegetables you enjoy:

1. Carrots (2 pounds)
2. Celery (1 batch)
3. Cucumber
4. Small tomatoes such as cherry, grape, or Sun Gold tomatoes
5. Green beans
6. Snap peas
7. Small, mild peppers such as mini sweet, snack, or baby bell peppers

#### Breakfast Veggies

Choose a few of the following:

1. Zucchini
2. Summer squash
3. Broccoli
4. Small tomatoes such as cherry, grape, or Sun Gold tomatoes (already listed above)
5. Sugar snap peas
6. Corn
7. Apple

## Mirepoix

1. 2 Red onions - or any variety of onion
2. Carrots (already listed above, so you don't need to buy more)
3. Celery (already listed above)
4. Garlic — 1 bulb (optional)
5. Apple (optional)

## Pasta

We'll be using quinoa instead of pasta, though you are welcome to substitute another option, such as spaghetti squash or 100% whole wheat pasta, if you prefer.

1. Quinoa
2. 2–3 cups roma, plum, or other ripe tomatoes for sauce, or...
3. One can of diced tomatoes and one can of tomato sauce (low or no-salt, preferred)
4. Fresh or dried herbs and spices such as basil, oregano, sage, or red pepper flakes
5. 1 small can of tomato paste
6. 1–2 cups vegetable broth (optional - low or no salt preferred)
7. Almonds, whole or sliced (optional)
8. Olives (optional)
9. Cooked navy beans or one small can of low- or no-salt navy beans (optional)

**You can do it when you make it fun!**