



monday food prep



PRODUCE

- Bell Peppers
- Carrots
- Cucumbers
- Red Cabbage
- Tomatoes
- Zucchini
- Broccoli
- Cauliflower
- Celery
- _____
- _____
- _____

TO-DO

- Rinse or make beans
- Grind flaxseed
- Make cashew sour cream
- Make other dressing:

- Make soup:

- Roast veggies:

- Frozen fruit for smoothies:
