



# UTOPIA

## GLOBAL WELLNESS

### **Shopping List:**

#### Appetizer 1: Salad & Dressing

- Spinach
- Arugula (or any greens you like best!)
- Dried cranberries
- Walnuts
- \*Option to add feta cheese\*

#### Dressing:

- Balsamic vinegar
- Maple syrup, honey or agave
- Minced garlic
- Dijon mustard
- Extra virgin olive oil
- (Salt and pepper)

#### Appetizer 2: Bruschetta

- Sourdough bread (or Italian bread)
- Tomatoes
- Fresh basil (or dried)
- Red pepper flakes
- Red onion

#### Main Dish: Hearts of palm pasta

- 2 cans of hearts of palm (optional alternatives: hearts of palm pre-made pasta (order online), lentil pasta, brown rice pasta)
- 1 can of artichokes
- Broccoli florets

- Red onion
- 1 can/jar of black olives
- \* Optional Proteins: Shrimp, Salmon, or Chicken (seasoned & pre-cooked)

Sauce:

- 2 large cans of diced tomatoes
- 1 can of tomato paste
- Yellow onion
- Minced Garlic
- Italian Seasoning
- (Option to skip and use a premade sauce)

Dessert: Chocolate covered strawberries

- Fresh strawberries
- Dark chocolate morsels (baking chocolate works great!)
- Coconut whipped cream (or any alternative)
- \*Pre-made shortbread cups optional\*