

Let's Get Cooking!

A **VIRTUAL COOKING CLASS** with Gabe Nelson and raw chef Emily!

Grocery Shopping List

Rice paper or collard greens
1 zucchini or zucchini noodles
(found in produce section)
Shredded carrots
1 red cabbage
1 bell pepper (red or orange)
1 bunch celery
1 cucumber
1 head of romaine lettuce
1 bunch cilantro
1 avocado
Orange juice
Peanut butter
Almond butter
Red curry paste (Thai Kitchen Brand)
Sesame oil
Liquid aminos or soy sauce
Tamari
Lime juice
Garlic
Maple or agave
Ground ginger
Red onion (optional)
Chili flakes (optional)
Mint (optional)
Sea salt

Equipment List

High speed blender
Cutting board
Knife
Peeler
Apron
Spiralizer or julienne peeler
(optional for spiralizing zucchini)

