

BEETS, LIME, & RICE: SALAD SELECTIONS FOR HEADS

●●●●● shopping list

PRODUCE

- 4 medium beets
- 3 medium cucumbers
- 1 red bell pepper
- 2 carrots
- 1 head celery
- 1 lime
- lemon
- 2 clove garlic
- 1 bunch scallions
- 1 bunch fresh basil
- 1 bunch parsley
- 1 bunch mint

PANTRY

- course sea salt
- freshly ground black pepper
- freshly ground white pepper
- extra-virgin olive oil
- apple cider vinegar
- red balsamic vinegar
- 1 cup wild rice
- ½ golden raisins
- tamari
- pure maple syrup
- organic raw cane sugar
- Dijon mustard

NUTS & SEEDS

- 1 cup sunflower seeds
- ½ cup pine nuts
- ½ cup pecan halves
- ½ cup cashews