

# SIMPLY MACROBIOTIC

## ●●●●● shopping list

### PRODUCE

- 3 - 4 large carrot
- 2 cups chopped dandelion greens
- ½ cup button mushrooms
- 1 scallion
- 1 clove garlic
- Ginger

### PERISHABLES

- 2 pounds extra-firm tofu
- apple juice
- 6 cups rice milk

### PANTRY

- Coarse sea salt
- Extra-virgin olive oil
- White balsamic or apple cider vinegar
- Rice vinegar
- Shoyu or tamari
- Pure maple syrup
- French lentils
- Brown basmati rice
- Brown rice
- Wakame
- Dark barley (mugi) miso
- Tomato paste
- Organic raw cane sugar