

Nourished | Grocery List

Produce



- 1 onion
- 1 small fennel bulb
- 1 bunch kale
- fresh thyme
- 1 lb mushrooms
- garlic

Grains



- oat flour
- cornstarch

Pantry

- 1 can artichoke hearts
- vegetable broth
- lentils
- walnuts
- polenta
- tahini
- molasses

Oils & Spices



- olive oil
- salt
- pepper
- dried oregano
- vegan worcestershire
- balsamic vinegar
- sherry vinegar

Other

- 1 lb sourdough bread
- _____
- _____
- _____
- _____

