

Stir Fry Menu

** I Would recommend shopping at Kroger or Walmart

Stir Fry

- 1 bag brown rice or cauliflower rice



- 1 pack chicken, pork, beef, shrimp, tofu, or turkey (may be frozen, can choose ground meat)
- 1 jar peanut butter (may omit if nut free)
- 1 bottle sesame oil, avocado oil, or extra virgin olive oil (located in baking section with other oils or in ethnic/Asian foods)



- 1 bottle low-sodium soy sauce or liquid aminos (in ethnic/Asian foods)



- 1 bottle white wine or rice vinegar (in baking or condiments section)



- 1 tube ginger paste and/or ground ginger (refrigerated section near produce)



- Spicy option: One jar chili garlic sauce or Sriacha or hot sauce (in ethnic/Asian foods)



- Ground black pepper
- Garlic powder
- Onion powder
- Optional: Red pepper flakes
- 1 bulb garlic (may buy pre-cut or 1 jar minced)

****Choose vegetables (add or omit as many as you like):**

1. One bag frozen broccoli
2. One bag shredded carrots
3. One carton mushrooms
4. Green onions
5. One can bamboo shoots (in ethnic/Asian foods)



6. One can water chestnuts



7. One bag frozen shelled edamame (also a vegetarian protein choice)



****May also do frozen Asian medley for something easier**



Dessert: Flourless Black Bean Brownies with Banana Nice Cream

- 2 cans black beans, rinsed, drained



- 1 container cocoa powder



- 1 bottle maple syrup OR monk fruit syrup



- 1 container baking powder



- 1 jar coconut oil OR 1 stick unsalted butter



- 1 packet Stevia or sugar (optional)



- 1 bag chocolate chips
- 1 jar peanut butter (may omit if nut free)
- 1 container milk or almond milk
- 1 container plain Greek yogurt (may omit if dairy-free)



- 1 bag frozen bananas



- 1 bottle vanilla extract



4
fl oz

- Optional: vanilla protein powder

