

Vegan Burger and Chips



Shopping List

Ingredients:	Amount:	Got it:
Onion	1 Small	[]
Garlic	1	[]
Spring Onions	3	[]
Mushrooms	255g	[]
Pinto Beans	1 Can	[]
Low Cal Cooking Spray	1 Bottle	[]
Parsley	1 Packet	[]
Sea Salt	1 Grinder	[]
Cracked Black Pepper	1 Grinder	[]
Medium Butternut Squash	1	[]
Medium Carrots	8	[]
Large Sweet Potatoes	2	[]
Lettuce	1	[]
Medium Tomatoes	4	[]
Medium Cucumber	1	[]
Medium Red Onion	1	[]
Bread Rolls (gluten free)	4	[]

