



## Grocery and equipment list:

# Chicken shawarma with quinoa tabouleh salad and power bars

### CHICKEN SHAWARMA

#### Fridge:

- 1 lb boneless skinless chicken breasts (about 2)
- 1 lb boneless skinless chicken thighs (about 4-6)
- 1 fresh lemon

#### Pantry:

- Allspice
- Bread to serve – naan, pita etc.
- Bulb of garlic
- Cayenne pepper
- Cinnamon
- Cumin
- Freshly ground black pepper
- Kosher salt
- Olive oil
- Paprika
- Tahini
- Turmeric

#### Equipment:

- Citrus juicer
- Cutting board
- Knife
- Large skillet
- Measuring cups and spoons
- Oven
- Oven mitts
- Small bowls
- Tongs
- Trivet
- Whisk
- Ziplock bag



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### QUINOA TABOULEH SALAD

#### Fridge:

2 fresh lemons  
Cucumber (medium)  
Fresh mint  
Green onions  
Large bunch fresh parsley (or 2 small bunches)

#### Pantry:

1 ½ cups cherry tomatoes (1 pint, 255 grams)  
Cinnamon  
Freshly ground black pepper  
Kosher salt  
Olive oil  
Quinoa

#### Equipment:

Citrus juicer  
Cutting board  
Fork  
Knife  
Measuring cups and spoons  
Medium pot with lid  
Salad spinner  
Serving bowl  
Small bowl  
Whisk



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### POWER BARS

#### Fridge:

¼ cup flaxseed meal  
¼ cup sliced almonds  
¼ cup toasted sunflower seeds  
½ cup nut or seed butter (peanut, almond, sunflower etc.)  
1 cup almond flour  
1 large egg  
Chia seeds  
Sesame seeds, golden flaxseeds or hemp seeds

#### Pantry:

Chocolate chips  
Honey  
Sea salt

#### Equipment:

8x8 baking pan  
Large bowl  
Measuring cups and spoons  
Medium bowl  
Oven  
Oven mitts  
Parchment paper  
Spatula  
Trivet