



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Online Class 7/25/20: Plant Forward Brunch Shopping List

Carrot Citrus Mimosa
Cowboy Brunch Bowl

Carrot Top Chimichurri

✓	Type	Ingredient	Amount	Unit
	Beverage	Orange Juice	1 1/2	cups
	Beverage	Champagne, Sparkling Wine or Seltzer Water	1	cup
	Dry	Extra Virgin Olive Oil	1/3	cup
	Dry	Grain of Choice (Quinoa, Brown Rice, Farrow, Wheat Berries)	½ - 1	cup
	Dry	Vinegar of Choice (White or Red Wine, Sherry, Rice)	2	Tbsp
	Produce	Avocado	1	each
	Produce	Carrots, with tops preferred	1	Bunch/lb
	Produce	Cherry Tomatoes, any variety	1	cup
	Produce	Cilantro or Parsley	1	bunch
	Produce	Eggs	4	each
	Produce	Garlic	1	clove
	Produce	Kale or Spinach (fresh or frozen)	2	cups
	Produce	Lemon	1	small
	Produce	Mushrooms, any variety (cremini, button, shiitake)	1	cup
	Produce	Oregano, fresh or dried	2	Tbsp
	Produce	Shallot	2	medium
	Produce	Sweet Potato (optional, if you already have enough carrot)	1	each
	Protein	Bacon, preferably thick cut	1-2	slices
	Spice	Black Pepper	1	tsp
	Spice	Salt, we recommend Kosher or Sea	1	tsp