

# WEEKLY SHOPPING LIST

SUN

## CARROT ENCHILADA BAKE

- 2 garlic cloves
- 1 medium white onion
- 1 red bell pepper
- 3 large carrots
- 2 tsp minced fresh cilantro
- 1 tbsp fresh lime juice
- 1 jalapeno
- 10 oz frozen corn
- 1 (14 oz) can crushed tomatoes
- 1 (14 oz) can black beans
- 2 tsp ground cumin
- 1 tbsp chili powder
- 8 oz pepper jack cheese



WED

## GARLIC HERB SPAG SQUASH

- 1 large spaghetti squash
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh sage
- 2 teaspoons chopped fresh parsley
- 1 clove garlic, minced
- 3 tablespoons non-dairy butter or regular butter
- 2 teaspoons olive oil

THUR

## MINESTRONE SOUP

- 1 head kale
- 1/2 yellow onion
- 3 large carrots
- 3 stalks celery
- 5 cloves garlic
- 1 medium zucchini squash
- 1 medium yellow squash
- 1/3 cup dry brown rice
- 2 teaspoons Italian seasoning
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can garbanzo beans
- 1 (14-ounce) can kidney beans
- 6 cups vegetable broth
- 1/2 cup dry white wine (optional)
- 1 parmesan rind (optional)

MON

## KALE DETOX SALAD

- 4 cups chopped sweet potatoes
- 1/2 head kale
- 1/2 red onion
- 1/2 bunch cilantro
- juice of half an orange
- 1 1/2 cups uncooked brown lentils
- 2 tbsp extra virgin olive oil
- 2 tsp pure maple syrup
- 1 tbsp za'atar

TUES

## CURRIED CHICKPEA BURGERS

- 3-4 garlic cloves
- 1 medium head of cauliflower
- 1/4 cup lemon juice (about 2 medium-size lemons)
- 1 1/2 cups vegetable broth (I like Better Than Bouillon)
- 1/4 cup hulled hemp seeds
- 2 tablespoons nutritional yeast
- 1/2 teaspoon onion powder
- 1/2 teaspoon tamari (optional)