

WEEKLY SHOPPING LIST

SUN

PESTO SANDWICHES

- 6 thick slices of good crusty bread
- 2 cups white beans
- 1 (14 oz) can artichoke hearts
- 2 cups roasted red peppers
- 8 oz pesto sauce
- 9 slices mozzarella or asiago cheese



MON

AFRICAN PEANUT STEW

- 1 small onion
- 1 jalapeno
- 4 garlic cloves
- 2-inch knob fresh ginger
- 1 large (1-lb) sweet potato
- 1 bunch collard greens
- fresh cilantro
- 1 lime
- 2 teaspoon cumin
- 1/4 teaspoon cayenne
- 3 tablespoons tomato paste
- 1/2 cup unsweetened creamy peanut butter
- 1/4 cup roasted peanuts
- 4 cups vegetable broth
- 4 cups cooked brown rice



TUES

CURRIED LENTIL SALAD

- 3 leaves kale
- 1 small lemon
- 1 navel orange
- 1 clove garlic
- 1/4 red onion
- 2 tablespoons yellow curry powder
- 3 tablespoons olive oil
- 1/3 cup dried cranberries
- 1 cup uncooked lentils
- 1 14-ounce can chickpeas
- 1/3 cup feta cheese (or avocado)



WED

STOVETOP LASAGNA

- 1/2 small yellow onion
- 1 green pepper
- 2 cloves garlic
- 1 large handful baby spinach
- 1 (15 oz) jar tomato sauce
- 1 (14.5 oz) can petite diced tomatoes
- 3 cups uncooked pasta, lasagna noodles and penne
- 1 cup part skim mozzarella cheese
- 1 cup low fat Cottage Cheese

THUR

AVOCADO ZUCCHINI NOODLES

- 2 medium zucchini
- 1/2 cup sliced grape tomatoes
- 1/2 cup packed fresh basil leaves
- 1/2 large ripe avocado
- 2 cloves garlic
- 1 lemon
- 2 tbsp pine nuts (or walnuts)