

WEEKLY SHOPPING LIST

SUN

THAI QUINOA MEATBALLS

- 1/2 cup fresh finely chopped cilantro
- 1/4 cup finely chopped green onion
- 8 large carrots
- 2 limes
- 1 (15-ounce) can chickpeas
- 1/2 cup cooked quinoa (1/4 cup dry)
- 4 tablespoons coconut sugar
- 3/4 cup creamy peanut butter
- 4 tablespoons tamari
- 1 tablespoon chili garlic sauce
- 3/4 cup crushed roasted peanuts

MON

TACO LETTUCE WRAPS

- 4 lettuce wraps, romaine lettuce or butter lettuce
- 1/3 cup chopped onion
- 1 (15 ounce) can chickpeas
- 2 teaspoons olive oil
- 1/3 cup chopped walnuts
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

TUES

TORTELLINI PRIMAVERA SOUP

- 2 zucchini
- 2 red bell peppers
- 45 oz tomato sauce
- 4 cups vegetable broth
- 1/2 cup heavy cream
- 20 oz Three Cheese Tortellini

WED

SPRING VEG CURRY BOWLS

- 1 bunch asparagus
- 2 cups green beans
- 3 cloves garlic
- 4 cups baby spinach
- 8 ounces rice noodles
- 3 tablespoons coconut oil or olive oil
- 1 14-oz can full-fat coconut milk
- 5 tablespoons green curry paste
- 1/3 cup roasted peanuts (optional)
- 2/3 cup vegetable broth
- 4 eggs for serving

THUR

MUSHROOM TOFU CHILI

- 1 medium onion
- 2 cloves garlic
- 8oz mushrooms
- 2 bell peppers
- 1 lb. extra firm tofu
- 2 1/2 tbsp chili powder
- 2 tsp cacao powder
- 2 tsp oregano
- 1 tsp cumin
- 2-15oz cans kidney beans
- 2-15oz cans diced fire-roasted tomatoes