

WEEKLY SHOPPING LIST

SUN

MANGO WHEATBERRY SALAD

- 5oz baby arugula
- 2 mangoes
- ¾ cup chopped green onions
- 1 avocado
- ½ cup cilantro
- 1 medium lime
- ¾ cup soft wheat berries
- 1 tbsp pure maple syrup
- 3 tbsp hemp seeds



MON

SOUTHWESTERN POWER SALAD

- 7-8 cups greens (like kale & romaine)
- 1 large sweet potato
- ¼ cup chopped red onion
- 1 large avocado
- 1 cup diced tomatoes
- 1 lime
- 1 small bunch cilantro, about ¾ cups
- 2 cloves garlic
- 1 (15 ounce) can black beans
- 1 (15 ounce) can sweet corn
- ⅓ cup roasted pepitas
- 1½ cups raw cashews
- 1 cup unsweetened non-dairy milk
- 2 tbsp nutritional yeast
- 1 tsp ground cumin



TUES

BLACK BEAN TACOS

- 1 mango
- 1 jalapeno pepper
- ½ sweet onion
- 1 pint cherry tomatoes
- 1 lime
- 2 tbsp minced cilantro
- 1 tbsp canola oil
- 1 (15-ounces) can black beans
- 12 (4-inch) corn tortillas
- 4 oz queso fresco, crumbled



WED

CREAMY POLENTA

- 1 large yellow onion
- 8 sweet peppers or 1 bell pepper
- 3 cups baby bella mushrooms
- 2 tablespoons fresh oregano
- 2 cups polenta
- 3 tablespoons olive oil
- 4 tablespoons unsalted butter
- ½ cup feta cheese or cheese of choice

THUR

PORTOBELLO STEAKS

- 4 large portobello caps
- ½ cup packed fresh basil leaves
- 2 garlic cloves
- 1 lemon
- 4 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon tamari (or soy sauce)
- ½ teaspoon dried oregano
- ¾ cup plant-based mayo (or plain yogurt or 1 small avocado)