

# WEEKLY SHOPPING LIST

SUN

## SPRING DETOX SALAD

- 1 head lacinato kale
- 1 head Russian kale
- 1/2 red bell pepper
- 6 small radishes
- 1 medium carrot
- 1/2 small cucumber
- 1 avocado
- 1 red beet
- 1/2 cup raw walnuts
- 1/4 cup fresh lemon juice (about 2 lemons)
- 1 clove garlic
- 1/4 cup fresh parsley
- 2 teaspoons pure maple syrup
- 1/4 cup avocado oil
- 2 teaspoons stone ground mustard

MON

## PESTO SPAGHETTI SQUASH

- 2 medium-size spaghetti squash (approx. 3lbs each)
- 10 ounces baby spinach
- 3 garlic cloves
- zest & juice of 1 lemon
- 1/2 cup pecans (or other nut)
- 1/4 cup olive oil
- 10 ounce jar of marinated artichokes, drained
- 1 cup shredded Italian blend cheese (or vegan cheese/nutritional yeast)

TUES

## BLACK BEAN TOSTADAS

- 1-2 large avocados
- 2 cups chopped strawberries
- 2/3 cup chopped white onion
- 1 clove garlic, minced
- 1 tablespoon chopped cilantro
- 1 jalapeno
- Juice of 1 lime
- Corn tortillas or pre-baked tostada shells
- 1 (15 ounce) can re-fried black beans
- 1 teaspoon maple syrup

WED

## CURRIED CHICKPEA SALAD

- juice of half a lemon
- 1/2 cup chopped green onions
- 1/2 small bunch cilantro
- 1 bell pepper
- 1/2 cup raisins
- 2 tsp apple cider vinegar
- 1 tbsp curry powder
- 1 tsp turmeric
- 2-15oz cans chickpeas
- 1/3 cup cashews, chopped
- 3 tbsp tahini
- 1 1/2 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup

THUR

## SPINACH ENCHILADAS

- 1 med red onion
- 1 clove garlic
- juice of 1 lime
- 2.5 oz baby spinach
- avocado and minced cilantro for topping
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp oregano
- 1/2 tsp smoked paprika
- 1 1/2 cups pinto beans
- 28 oz canned whole peeled tomatoes
- 12 corn tortillas
- 8 oz cotija cheese, grated, divided