

WEEKLY SHOPPING LIST

SUN

SPRING HUMMUS WRAPS

- 1 small bunch of asparagus
- 1 clove garlic, minced
- 2 teaspoons chopped dill
- 1 small squeeze fresh lemon juice
- Baby spinach leaves
- Sliced radishes
- Sliced tomatoes
- Hummus, homemade or store-bought
- Tortillas, gluten free if necessary
- 2 tablespoons mayo, like vegan Just Mayo



MON

PANEER TIKI MASALA

- 6 garlic cloves, minced
- 1 onion, diced
- 1 lb frozen peas
- ¼ cup tomato paste
- 6 cardamom pods, crushed
- ½ tsp red pepper flakes
- 2 tsp minced ginger
- 2 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 28 oz can whole peeled tomatoes
- vegetable or peanut oil, for frying
- 2 cups unsweetened almond milk
- 8 oz paneer, cut into ½-inch cubes



TUES

MEXICAN CHOPPED SALAD

- 2 heads romaine, chopped
- ½ bunch green onions
- 1 mango
- 1 bell pepper
- 1 large tomato
- 1 avocado
- ⅓ cup cilantro
- 2 tbsp fresh lemon or lime juice
- ¼ cup black bean hummus
- 1-15oz can black beans
- 1 tbsp pure maple syrup
- ¼ tsp smoked paprika



WED

KALE SPAGHETTI SQUASH

- 1 medium spaghetti squash
- 1 small head kale
- 1 bulb garlic
- 2 tablespoons olive oil
- ⅓ cup sun-dried tomatoes
- ⅓ cup raw walnuts

THUR

ONE-POT LEMON PASTA

- 1 small onion (or 2 shallots)
- 4 garlic cloves, thinly sliced
- 3 cups greens, chopped (such as kale, swiss chard, or spinach)
- zest and juice of 1-2 lemons
- 8 ounces sun-dried tomatoes
- crushed red pepper and vegan parmesan for topping (optional)
- 8 ounces whole grain spaghetti (or gluten-free pasta of choice)