

# WEEKLY SHOPPING LIST

SUN

## TEMPEH BUDDHA BOWLS

- 1 lb brussels sprouts
- 5 large carrots
- 3-4 yukon gold potatoes
- 8 ounces organic tempeh
- 2 tablespoons balsamic vinegar
- 2 tablespoons tamari
- 2 tablespoons Dijon Mustard
- 1 tablespoon high heat oil
- 1/2 tablespoon pure maple syrup
- 1 cup frekkeh

MON

## AVOCADO EGG SALAD

- 1-1/2 ripe avocados
- 1 tablespoon fresh lemon juice
- 6 eggs (or 8 oz tofu/15 oz chickpeas)
- 1/2 teaspoon sea salt

TUES

## CREAMY LEMON PASTA

- 2½ cups diced asparagus
- 2 cups sweet green peas
- 1 small bunch watercress leaves
- ½ cup fresh lemon juice (about 2 lemons)
- 2 teaspoons lemon zest
- 1½ cups whole raw cashews
- ½ cup plain unsweetened almond milk
- 2 tablespoons nutritional yeast
- 12 ounces pasta, gluten free if necessary

WED

## AMARANTH TOFU

- 1 onion
- 2 scallions
- 2 tsp minced fresh ginger
- 1 spicy red chili
- 3 garlic cloves
- 1 lb green beans
- 14 oz extra firm tofu, drained
- ¼ cup amaranth flour
- 1⅔ cup black rice
- 3 tbsp black sesame seeds
- peanut oil, for frying
- 2 tbsp sesame oil, plus extra to serve
- 2 tbsp tamari sauce
- 1 egg

THUR

## ARTICHOKE SPAGHETTI SQUASH

- 1 large spaghetti squash
- 1 medium red onion
- 2 cloves garlic
- 1 8oz pkg baby bell mushrooms
- 3 cups spinach
- ⅓ cup parsley
- 1-15oz can chickpeas
- 1 -15oz can quartered artichoke hearts in brine
- ½ cup raw cashews,