

# WEEKLY SHOPPING LIST

SUN

## CRISPY BLACK BEAN TACOS

- 8 corn tortillas
- 1 cup refried black beans
- 1 cup sweet potato puree, homemade or canned
- 1 cup grated cheese (or vegan cheese)

MON

## WHITE BEAN JAR SALADS

- ½ cup fresh basil leaves
- ½ cup fresh parsley
- ¾ cup shredded carrots (optional)
- 1 cup grape or cherry tomatoes
- 5oz pkg arugula
- 1 garlic clove
- 2 stalks celery
- 1 medium bell pepper
- ½ red onion
- 1 tsp pure maple syrup
- ¼ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 2 cans cannellini beans or chickpeas
- ¾ cup dry wheat berries (or quinoa)

TUES

## THAI PEANUT STIR FRY

- 1 small red onion
- 2 large carrots
- 1 small turnip
- 1 red bell pepper
- 2.5 cups green beans
- 1 yellow squash
- 1 8-ounce can water chestnuts (optional)
- 1 cup full-fat canned coconut milk
- ½ cup unsalted, unsweetened peanut butter
- 2 tablespoons liquid aminos (or soy sauce)
- 1 tablespoon white vinegar
- 2 teaspoons fresh ginger
- ¼ teaspoon red chili sauce, optional
- 3 to 4 cups cooked brown rice for serving

WED

## BEET PATTIES WITH TZATZIKI

- 1 cup fresh dill
- 1 small onion
- 4 garlic cloves
- 2 medium beets
- juice of 1 lemon
- 1 medium cucumber
- ½ cup rolled oats
- 3 tablespoons distilled white vinegar
- 1 (15-ounce) can chickpeas
- ⅓ cup chickpea flour
- ¾ cup plain unsweetened non-dairy yogurt

THUR

## BLUEBERRY NECTARINE SALAD

- 8 oz blueberries
- 4 nectarines
- 1 cucumber
- 5 oz arugula
- 2 tbsp balsamic vinegar
- 1 tbsp maple syrup
- 1 tbsp whole grain mustard
- 1¾ cups cooked white beans
- ¼ cup sliced almonds, toasted
- 8 oz burrata