

WEEKLY SHOPPING LIST

SUN

BROCCOLI CHEEZ BURGERS

- 2 cups broccoli (1 med head broccoli)
- 1 medium onion
- 3 cloves garlic
- 1 medium carrot
- 1-15oz can chickpeas
- ½ cup + 1 tbsp oat flour
- ¼ cup whole grain breadcrumbs
- ¼ cup nutritional yeast
- 2 tsp ground flaxseed

MON

BBQ CAULI BURGERS

- 1 small head cauliflower
- 1½ cups cooked quinoa
- 1 (15 ounce) can chickpeas
- 2 tablespoons bread crumbs
- 1 teaspoon ketchup
- 3 teaspoons olive oil
- 1½ teaspoons ground cumin
- 1½ teaspoons paprika
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- 1½ teaspoons chili powder
- 1½ teaspoons coconut sugar
- 1 teaspoon smoked paprika

TUES

LENTIL TACO SALADS

- 1 small red onion
- 1 red (or green) bell pepper
- 2 garlic cloves
- 8 ounces romaine, chopped
- 1 pint cherry tomatoes
- 10 ounces corn kernels
- 2 avocados
- 4 limes
- 1 tablespoon chili powder
- ½ tablespoon cumin
- 2 teaspoons oregano
- 1 teaspoon smoked paprika
- 2 cups cooked lentils* (about ¾ cup dry)
- 1 cup raw cashews
- 4 tablespoons salsa

WED

GREEK GRAIN SALAD

- 3 vine ripe tomatoes
- 1 red onion
- 2 small seedless cucumbers
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 (14 oz) can black olives
- ½ cup olive oil
- 6 tbsp red wine vinegar
- 1 tsp dried oregano
- 1 cup mixed quinoa, millet, and buckwheat
- 12 oz mini pitas, quartered
- sea salt, for sprinkling
- ½ lb feta, crumbled

THUR

WASABI VEGETABLE BOWLS

- 1 large bushel broccolini
- 1 large crown broccoli
- 4 cloves garlic minced
- 1 bunch green onion chopped
- Two large handfuls baby spinach
- 1 ripe avocado
- 1/2 small cucumber
- 1/3 cup tahini
- 3 tablespoons liquid aminos
- 2 tablespoons rice vinegar
- 2 teaspoons to 3 wasabi paste
- 2 tablespoons nutritional yeast
- 1 cup uncooked brown rice