

# WEEKLY SHOPPING LIST

SUN

## BULGOGI LETTUCE WRAPS

- 8 ounces firm tofu
- 2 cups sliced mushrooms (I used shiitake and oyster mushrooms)
- 3 garlic cloves
- 6 green onions
- shredded cabbage and carrots
- 1 small onion
- 8 green lettuce or cabbage leaves
- 1/4 cup reduced-sodium tamari
- 2 teaspoons coconut sugar
- 2 tablespoons sesame oil
- 2 cups cooked brown rice
- 8 ounces gochujang (Korean BBQ sauce)
- sesame seeds for serving

MON

## CRISPY POTATO TACOS

- 2 large russet potatoes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- Corn tortillas

TUES

## SICILIAN BAKED EGGS

- 4 cloves garlic, thinly sliced
- 5 oz baby spinach
- 2 cups artichoke hearts, chopped
- 24 oz tomato sauce
- 1/2 tsp red pepper flakes
- salt and black pepper, to taste
- 8 large eggs
- 8 oz burrata

WED

## ULTIMATE DETOX SALAD

- 2 cups dino kale
- 2 cups broccoli florets (1 crown)
- 2 cups red cabbage
- 1 red bell pepper
- 2 large carrots
- 2 avocados
- 1/2 cup fresh parsley
- 1/2 cup lemon juice (2-3 lemons)
- 1 tablespoon fresh ginger
- 2 teaspoons pure maple syrup
- 1/3 cup grapeseed oil
- 2 teaspoons stone ground mustard
- 1 cup walnuts
- 1 tablespoon sesame seeds

THUR

## BLACK BEAN BURGERS

- 2 tbsp ground flaxseed
- 2-14.5oz cans black beans
- 1 cup Italian-style Panko breadcrumbs (I used Ian's)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1 tbsp sriracha
- 1 tbsp vegan worcestershire sauce
- Whole grain buns and toppings of choice
- Oil/cooking spray, for cooking