

WEEKLY SHOPPING LIST

SUN

ZUCCHINI LASAGNA BOWLS

- 2 large zucchinis
- 1 dry pint cherry tomatoes
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 1/2 teaspoon Italian seasoning
- Almond Ricotta, or regular ricotta

MON

SPINACH WHITE BEAN BURGERS

- 6 oz baby spinach
- 2 garlic cloves
- 2 scallions
- 1 avocado
- 3 cups white or cannelloni beans
- 1/4 cup flour
- 8 burger buns
- 2/3 cup plain yogurt
- 2 large eggs
- 2 tbsp grated parmesan cheese

TUES

SUMMER BUDDHA BOWLS

- 5 ounces mixed greens
- 1 cup ripe cherries
- 1 pint blackberries
- 1 ripe peach
- 1 avocado
- 1/2 cup red onion
- 1/2 bunch green onion
- 1/3 cup fresh basil
- 4 sage leaves
- 1/4 cup chives
- 1 clove garlic
- 1/3 cup shelled pistachios
- 2 cups cooked brown rice
- 1 (14-ounce) can black beans
- 1/3 cup tahini
- 1/4 cup rice vinegar
- 1/3 cup queso fresco

WED

PORTOBELLO STEAKS

- 4 large portobello caps
- 1/2 cup packed fresh basil leaves
- 2 garlic cloves
- 1 lemon
- 3/4 cup plant-based mayo (or plain yogurt or 1 small avocado)
- 4 tablespoons balsamic vinegar
- 1/2 teaspoon dried oregano
- 3 tablespoons high heat oil
- 1 tablespoon tamari (or soy sauce)

THUR

TACO STUFFED SWEET POTATOES

- 4-6 medium sweet potatoes
- 1 small head red cabbage
- 3 limes
- 1 cup cilantro, chopped
- 2 medium ripe avocados
- 1 tsp pure maple syrup
- 2-15oz cans chickpeas
- 1/2 cup pecans (or walnuts)
- 2 tbsp chili powder
- 4 tsp cumin
- 2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp oregano
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper