

WEEKLY SHOPPING LIST

SUN

ONE-POT COCONUT CURRY

- 4 cups small diced sweet potato
- 1/2 yellow onion
- 1 cup quinoa, rinsed
- 1 cup brown lentils
- 1 (15 ounce) can coconut milk
- 3 1/2 cups vegetable broth
- 2 teaspoons curry powder
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon granulated garlic



MON

CHILI SPAGHETTI SQUASH

- 2 medium-size spaghetti squash
- 1 large onion
- 1 bell pepper
- 1 teaspoon garlic salt
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon chipotle powder
- 1 (15-ounce) can black beans
- 1 (15-ounce) can pinto beans
- 28-ounces diced fire roasted tomatoes
- 4 tablespoons tomato paste
- 1/2 cup vegetable broth
- suggested toppings: fresh cilantro, yogurt, avocado, shredded cheese



TUES

MISO NOODLE SOUP

- 1 lb sugar snap peas
- 2 ears of corn kernels
- 5 oz kale
- 1 lb extra firm tofu
- 3 scallions, sliced, white parts only
- 2 tbsp minced ginger
- 3 cloves garlic, minced
- 8 cups vegetable broth
- 3 tbsp soy sauce
- 4 tbsp white miso
- 3/4 lb wide rice noodles
- 1/4 cup + 2 tbsp canola oil



WED

STUFFED SWEET POTATOES

- 4 medium sweet potatoes
- 3 large ripe avocados
- 3 cloves garlic
- 1/4 cup fresh lime juice
- 1 small jalapeño
- 1 bunch green onion
- 1/2 cup cilantro
- 2 (14-ounce) cans black beans
- 1/2 cup shelled pistachios
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sesame seeds

THUR

CAULIFLOWER SOUP

- 1 small red onion
- 1 bell pepper
- a couple sprigs fresh thyme, to taste
- 2 stalks celery
- 2 carrots, chopped
- 2 cloves garlic
- 1 head cauliflower
- 6 cups vegetable broth
- 1/2 cup raw cashews
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