

WEEKLY SHOPPING LIST

SUN

MUSTARD FARRO SALAD

- 6 carrots
- 2 garlic cloves, crushed
- 1 small butternut squash
- 1 head of cauliflower
- 1 cup farro
- 2 tsp white balsamic vinegar
- 1 tsp dijon mustard
- 2 tsp honey
- 5 tsp apple cider vinegar
- ½ cup extra virgin olive oil
- pinch of red pepper flakes
- 4 oz goat cheese, crumbled



MON

COCONUT CURRY SOUP

- ½ medium yellow onion
- 6 sweet baby peppers (or 1 bell pepper)
- 2 large carrots
- 3 cloves garlic
- 1 tablespoon fresh ginger
- ½ medium head cauliflower
- 1-½ cups green beans
- 2 tablespoons yellow curry powder
- ½ teaspoon red pepper flakes
- 1 (14-ounce) can full-fat coconut milk
- 3 cups vegetable broth
- 2 tablespoons coconut oil or olive oil



TUES

CHILI CHICKPEA SALAD

- 1 medium butternut squash
- 5 ounces baby kale
- Juice of 1/2 a lemon
- 4 1/2 teaspoons oil
- 1 (15-ounce) can chickpeas
- 1 1/2 teaspoon chili powder
- 1 tablespoon pure maple syrup
- 3 teaspoons nutritional yeast (optional)
- 1/3 cup dried cranberries
- 1/3 cup roasted pepitas
- Tahini, for drizzling over top



WED

SLOW COOKER CHILI

- 1 medium onion
- 1 red bell pepper
- 2 cloves garlic
- ½ medium butternut squash
- 1 tbsp curry powder
- 1 tbsp chili powder
- 1 tsp garam masala
- 1 tsp turmeric
- 2 bay leaves
- 2-14.5oz can diced fire roasted tomatoes
- 1-15oz can red kidney beans
- 1-15oz can white kidney beans
- 2 tsp apple cider vinegar

THUR

ONE-POT CHICKPEA MASALA

- 1 medium onion
- 2 jalapeños
- 4-inches fresh ginger
- 4 garlic cloves, minced
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon smoked paprika (or regular paprika)
- pinch cayenne (optional)
- 3 tablespoons tomato paste
- 2 (15-ounce) cans diced fire roasted tomatoes
- 1 cup vegetable broth
- 1 (15-ounce) can chickpeas
- 3/4 cup unsweetened coconut milk
- brown basmati rice, plain yogurt, fresh cilantro and warm naan for serving