

WEEKLY SHOPPING LIST

SUN

TEMPEH BUDDHA BOWLS

- 8 ounces organic tempeh
- 1 lb brussels sprouts
- 5 large carrots
- 3-4 yukon gold potatoes
- 2 tablespoons balsamic vinegar
- 2 tablespoons tamari
- 2 tablespoons Dijon Mustard
- 1 tablespoon high heat oil
- 1/2 tablespoon pure maple syrup
- 1 cup frekkeh (or quinoa/rice)



MON

SMOKY BLACK BEAN CHILI

- 1 small yellow onion
- 1 orange bell pepper
- 1 yellow bell pepper
- 2 cloves garlic
- 3 (15 ounce) can black beans
- 1 (15 ounce) can petite tomatoes
- 1 (15 ounce) can pure pumpkin puree
- 1 tablespoon pure maple syrup
- 2 teaspoons chili powder
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon Italian Seasoning
- 2 1/2 cups vegetable broth



TUES

WINTER VEGETABLE BOWLS

- 1 bunch rainbow carrots
- 1 large turnip peeled
- 1 large sweet potato
- 1 8.8-ounce package cooked beets (or 1 large raw beet)
- 5 ounces baby arugula
- 1/3 cup pomegranate arils
- 1-1/2 cups black rice
- 3 tablespoons tahini
- 1 tablespoon cider vinegar
- 1 tablespoon pure maple syrup
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg



WED

LENTIL TORTILLA SOUP

- 1 onion
- 4 cloves garlic
- 1 lb baby spinach
- 2 medium sweet potatoes
- 1 tbsp ancho chili powder
- 2 tsp smoked paprika
- 2 (28 oz) cans whole peeled tomatoes
- 1 cup black lentils
- 1 tbsp olive oil
- 4 cups vegetable broth
- 2 tbsp unsalted butter
- avocado, cotija cheese, and tortilla chips to garnish

THUR

CURRIED CHICKPEA SALAD

- 1/2 cup chopped green onions
- 1/2 small bunch cilantro
- 1 bell pepper
- juice of half a lemon
- 3 tbsp tahini
- 1 1/2 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup
- 2 tsp apple cider vinegar
- 1 tbsp curry powder
- 1 tsp turmeric
- 2-15oz cans chickpeas
- 1/2 cup raisins
- 1/3 cup cashews