

WEEKLY SHOPPING LIST

SUN

LENTIL BOLOGNESE

- 3 carrots
- 1 onion
- 1 red bell pepper
- 3 garlic cloves
- ½ tsp dried thyme leaves
- 1 tsp dried oregano
- 1 cup dried lentils
- ¼ cup olive oil
- 2 tbsp tomato paste
- ½ cup red wine
- 28 oz whole peeled tomatoes
- 1 lb spaghetti
- ¼ cup parmesan cheese

MON

ONE-POT THAI RED CURRY

- 1 small onion
- 3-4 cloves garlic
- 2-inches fresh ginger
- 2 large carrots
- 1 small russet potato
- 1 and 1/2 cups broccoli florets
- 1 and 1/2 cups cauliflower florets
- 4 ounces red curry paste
- 1 cup full fat coconut milk
- 2 tablespoons tamari
- 1/2 tablespoon coconut sugar
- 1 tablespoons lime juice
- fresh basil and brown rice for serving

TUES

BUTTERNUT TOSTADAS

- 1 whole medium butternut squash
- 2 avocados
- 2 limes
- 1 handful fresh cilantro
- 2 teaspoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 6 tostadas
- 1 (15 ounce) can refried beans
- 1 cup grated cheese

WED

RUSTIC MINESTRONE SOUP

- 1/2 yellow onion
- 3 large carrots
- 3 stalks celery
- 5 cloves garlic
- 1 medium zucchini squash
- 1 medium yellow squash
- 1 large head kale
- 2 teaspoons Italian Seasoning
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 14-ounce can diced tomatoes
- 1 14-ounce can garbanzo beans
- 1 14-ounce can kidney beans
- 6 cups vegetable broth
- 1/3 cup dry brown rice
- 1/4 cup dry white wine, optional

THUR

MEDITERRANEAN QUICHE

- 1 small onion
- 3 cloves garlic
- 1 medium tomato
- 1 small zucchini
- 1 cup mushrooms
- 1 cup chopped spinach or kale
- 2 tbsp chopped fresh rosemary
- 4 Dr. Praeger's Spinach Cakes
- 1 cup white whole wheat flour
- ¼ cup oil (I used avocado oil)
- ½ tsp oregano
- 6 large eggs
- ⅓ cup milk (I used unsweetened almond milk)
- ½ cup crumbled feta cheese