

# WEEKLY SHOPPING LIST

SUN

## CASHEW RICOTTA SHELLS

- juice of 2 lemons
- 16 ounces frozen spinach
- 3 garlic cloves
- fresh parsley for topping
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 21 jumbo shells
- 2 cups raw cashews
- 1 (25-ounce) jar marinara sauce
- 1/4 cup whole wheat panko breadcrumbs

MON

## FARRO SALAD WITH SQUASH

- 1 medium butternut squash
- 1 medium red onion
- 6 medium carrots
- 3/4 cup chopped parsley
- 1 tbsp minced fresh sage
- 2 cups farro
- 10 oz brie

TUES

## BAKED SPAGHETTI WITH KALE

- 8 oz mushrooms, sliced
- 1/2 bunch lacinto kale
- 16oz extra firm tofu
- 1/2 cup roasted garlic hummus
- 1/4 cup nutritional yeast
- 1 tsp garlic powder
- 12oz whole grain spaghetti
- 32 oz jar of pasta sauce

WED

## SWEET POTATO SALAD

- 2 medium sweet potatoes
- 1 clove garlic
- Juice of 1/2 lemon
- 4 heaping cups chopped curly kale
- 1 large red pepper
- 1 small red onion
- 1/3 cup tahini
- 1/2 teaspoon curry powder
- 3/4 cup brown lentils
- Optional: dried cranberries (1/4 cup), roasted pumpkin seeds (1/4 cup)

THUR

## GUACAMOLE POTATOES

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