

# WEEKLY SHOPPING LIST

SUN

## SPAGHETTI SQUASH CASSEROLE

- 1/2 large onion
- 8 ounces baby bella mushrooms
- 5 cloves garlic
- 2 tablespoons fresh basil
- 1 large spaghetti squash
- 1 teaspoon rosemary (fresh or dried)
- 2 teaspoons dried oregano
- 2 teaspoons paprika
- 1/2 teaspoon red pepper flakes
- 1 28-ounce can crushed tomatoes
- 1-1/2 cups mozzarella cheese
- 1/3 cup ricotta cheese

MON

## RENEWING KALE SALAD

- 2 bunches kale (about 16 ounces)
- 1 small head red cabbage
- 1 medium beet
- 1 cup shredded carrot
- 1 avocado, sliced
- juice of 1 lemon (about 3 tablespoons)
- 2 mandarin oranges (or other preferred fruit)
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1 tablespoon apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon dijon mustard

TUES

## QUINOA COLLARD ROLLS

- 6 garlic cloves
- 1 medium onion
- 1/4 cup fresh basil
- 12 large collard leaves
- 3/4 cup quinoa
- 2 (28 oz) cans of diced tomatoes
- 1 1/2 cups vegetable broth
- 1/3 cup chopped walnuts
- 4 oz goat cheese, crumbled

WED

## CRISPY TOFU FINGERS

- 1 lb extra firm tofu
- 1/2 cup unsweetened almond milk
- 1/4 cup almond meal
- 1/4 cup whole grain breadcrumbs (sub gluten-free if necessary)
- 1/4 cup cornmeal
- 2 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 3/4 tsp salt

THUR

## LENTIL MEATLOAF CUPS

- 1 cup small diced carrot
- 1 cup small diced celery
- 1/2 medium yellow onion
- 1 clove garlic
- 2 tablespoons chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 1/3 cup bread crumbs, gluten free if necessary
- 1 tablespoon ketchup
- 1 tbsp ground flax
- 1 1/2 cups brown lentils, dry
- 3 cups vegetable broth, or water
- 1 teaspoon olive oil
- 1/2 teaspoon smoked paprika