

WEEKLY SHOPPING LIST

SUN

SWEET POTATO BOWLS

- 1 large sweet potato
- Juice of 1 lime
- 1 clove garlic
- 2-4 cups favorite salad greens
- Sliced avocado for serving
- 2 cup baby spinach leaves
- 1 cup cilantro leaves
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 3/4 cups dried quinoa
- 1 (15 ounce) can black beans
- 1/4 cup chopped walnuts
- 3 tablespoons nutritional yeast
- 1/4 cup olive oil



WED

LOADED TORTILLA SOUP

- 1 poblano pepper
- 1 white onion
- 2 garlic cloves
- 1 jalapeno
- 1 avocado
- 4 radishes
- 1 lb frozen corn
- 1 tsp ground cumin
- 14 oz tomato puree
- 4 cups vegetable broth
- 1 (14 oz) can black beans
- 1 (28 oz) can hominy
- 6 (6-inch) corn tortilla
- 8 oz queso fresco

MON

ITALIAN 'MEATLOAF' CUPS

- 1/2 large onion
- 3 garlic cloves
- 1 tablespoon vegan worcestershire
- 2 tablespoons nutritional yeast
- 1/2 cup cup rolled oats
- 2 (14-ounce) cans pinto beans
- 1/4 cup chickpea flour
- 1/4 cup + 1/2 cup marinara sauce
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley

THUR

CHICKPEA BUDDHA BOWL

- 2 heads broccoli
- 3 medium carrots
- 1 tbsp extra virgin olive oil
- 1-15oz can chickpeas
- 2 cups cooked brown rice or quinoa
- 1/4 cup natural creamy peanut butter
- 1/4 cup almond milk
- 1 tbsp + 1 tsp reduced sodium soy sauce (sub tamari for gluten-free)
- 1 tbsp + 1 tsp pure maple syrup
- 1 tsp minced ginger (optional)
- pinch red pepper flakes (optional)

TUES

AVOCADO EGG SALAD

- 1-1/2 ripe avocados
- 1 TBL fresh lemon juice
- 1/2 teaspoon sea salt
- 6 eggs