

WEEKLY SHOPPING LIST

SUN

SPAGHETTI SQUASH WITH KALE

- 2 medium-size spaghetti squash
- 2 shallots, (or 1/2 onion + 2 garlic)
- 16 ounces mushrooms
- 1 lemon
- fresh parsley
- 1 bunch kale
- 1 teaspoon fresh or dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons balsamic vinegar
- 1 tablespoon coconut aminos (or tamari)
- 1 cup raw cashews

MON

CURRIED CHICKPEA SALAD

- 1/2 cup chopped green onions
- 1/2 small bunch cilantro
- 1 bell pepper
- 1 lemon
- 3 tbsp tahini
- 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

TUES

THAI GREEN CURRY

- 2 tsp fresh ginger
- 1 medium crown broccoli
- 1 large carrot
- 1 red bell pepper
- 1 avocado
- 1 cup cooked brown rice
- 1 (14-ounce) can coconut milk
- 4 tablespoons green curry paste
- 1 (14-ounce) can chickpeas
- 1 tsp chili powder
- 1/2 tsp garlic powder

WED

FAJITA LETTUCE WRAPS

- 1 1/2 lb sweet potatoes
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 lime
- 5 oz butter lettuce leaves
- 1/3 cup olive oil
- 1 tbsp adobo sauce
- 1 tbsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp dried oregano
- 1/2 tsp smoked paprika
- 1 1/2 tsp ground cumin
- 1/2 cup queso blanco or queso fresco
- 1/2 cup sour cream
- 1/3 cup half and half

THUR

SHEET PAN PEANUT TOFU

- 1 large red pepper
- 1 1/2 cups diced carrots
- 2 cups small broccoli florets
- 1 cup snap peas
- 1/2 yellow onion
- 1 clove garlic
- 1 teaspoon finely grated fresh ginger
- 1 (15-ounce) package extra firm tofu
- 4 teaspoons toasted sesame oil
- 3 tablespoons tamari, or soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 cup creamy peanut butter
- 1 teaspoon pure maple syrup
- 1 teaspoon rice wine vinegar
- Sriracha, to taste
- White rice or quinoa for serving
- Optional garnishes: green onion, cilantro, crushed peanuts, toasted sesame seeds