

# WEEKLY SHOPPING LIST

SUN

## ONE-POT LENTIL STEW

- 1 large sweet potato
- 1 large avocado
- 3/4 cup pomegranate arils
- 1/4 cup chopped red onion
- 1/4 cup chopped cilantro
- 1 clove garlic
- Juice of 2 limes
- 2 teaspoons avocado oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 (15 ounce) can black beans



WED

## THAI QUINOA FRIED RICE

- 1 medium yellow onion
- 2 tsp minced garlic
- 2 tsp minced ginger
- 2 cups broccoli slaw
- 1½ cups sliced bell pepper
- 1 lime
- 1 cup edamame
- 2 baby boy choy
- 2 cups dry quinoa
- ½ cup reduced sodium soy sauce
- 3 tbsp creamy peanut butter
- 1 tbsp toasted sesame oil
- 3 tbsp pure maple syrup
- 1 tsp sriracha
- pinch red pepper flakes (more to taste)
- optional topping: green onions, peanuts

MON

## BAKED ZITI WITH KALE

- 1 onion
- 3 cloves garlic
- 5 oz baby kale
- 15.5 oz jar of roasted red peppers
- 1 lb ziti
- ½ cup heavy cream
- 2 cups ricotta
- 8 oz mozzarella, grated



THUR

## SWEET POTATO SALAD

- 1 medium-size potato
- 1 small onion
- 3 garlic cloves
- 1 jalapeño (optional)
- 1 bell pepper
- 1 cup frozen peas
- 2 limes
- 2 teaspoons chili powder
- 1 teaspoon curry
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne (optional)
- 1 cup dry red lentils
- 1 cup raw cashews
- 1 (14.5) ounce can diced tomatoes
- 3 tablespoons tomato paste
- 2 cups vegetable broth
- 1 cup coconut milk

TUES

## SPRING BUDDHA BOWLS

- 1 cup fresh herbs of choice
- 2 tablespoons chives
- 1 clove garlic
- 2 ounces mixed greens
- 1/2 cup watercress
- 1 bunch radishes
- 1 bunch asparagus
- 1 small head cauliflower
- 1/2 pound fingerling potatoes
- 2 medium golden beets
- 1 cup peas
- 1 large avocado
- 1/4 cup fresh lime juice
- 1/4 cup cider vinegar
- 1/3 cup olive oil
- 2 cups uncooked brown rice
- 1/3 cup sunflower seeds