

# WEEKLY SHOPPING LIST

SUN

## ENCHILADA BAKE

- 1 large sweet potato
- 2 tablespoons chopped cilantro
- 2 cups cooked brown rice
- 1 (15 oz) can black beans
- 1 tablespoon ground flax
- 2 tablespoons bread crumbs
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground onion
- 1/2 teaspoon paprika
- 1/2 teaspoon smoked paprika
- 1 cup enchilada sauce
- 1/2 cup grated cheese

MON

## LENTIL TACO SKILLET

- 1 red onion
- 2 garlic cloves
- 2 bell peppers
- 1 jalapeño
- 2 lemons and 1 lime
- avocado and cilantro for serving
- 1 cup corn kernels
- 2 cups cooked lentils
- 1/2 cup finely chopped walnuts
- 2 tablespoons tomato paste
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 2 cups diced tomatoes (15-ounce can)
- 1 cup raw cashews
- 8 tortillas or rice for serving

TUES

## ASPARAGUS FLATBREAD

- 1/2 lb asparagus
- 2 tbsp minced chives
- 2 tbsp meyer lemon juice
- 1 lb strawberries
- 4 naan flatbreads
- balsamic syrup
- 4 oz goat cheese

WED

## SPRING PAD THAI

- 1 yellow bell pepper
- 1 large carrot
- 3 cups red cabbage
- 2 cups edamame
- 6 spears asparagus
- 2/3 cup liquid aminos or soy sauce
- 1/4 cup sesame oil
- 2 tablespoons peanut butter
- 14 ounces pad thai noodles (or rice noodles)

THUR

## CAULIFLOWER BUDDHA BOWL

- 1 head cauliflower
- 1 large sweet potato
- 2 tsp fresh minced ginger
- 2 cups cooked brown rice or quinoa
- 1-15oz can chickpeas
- 1/2 cup raw almonds
- 1 tbsp apple cider vinegar
- 4 Medjool dates
- 1 tsp Dijon mustard
- 2 tsp curry powder
- 1/2 tsp turmeric