

WEEKLY SHOPPING LIST

SUN

BEET PATTIES WITH TZATZIKI

- 3/4 cup fresh dill
- juice of 1 lemon
- 1 medium cucumber
- 1 small onion
- 4 garlic cloves
- 2 medium raw beets
- 1/2 cup rolled oats
- 3 tablespoons white vinegar
- 1 (15-ounce) can chickpeas
- 1/3 cup chickpea flour
- 3/4 cup plain non-dairy yogurt



MON

LEMON LINGUINE

- 16 ounces frozen peas
- 1 ounce basil leaves
- 1 tablespoon fresh lemon juice
- 2 cloves garlic
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 lb linguine
- 1 (14 oz) can quartered artichokes
- 2 cups ricotta



TUES

SOUTHWESTERN BOWLS

- 1 red bell pepper
- 1/2 medium onion
- 1 package Dr. Praeger's Potato Puffs
- salsa, cilantro, sliced jalapeño, and tortilla chips for topping (optional)
- 1/4 cup mayo (I used a vegan mayo)
- 1 tsp sriracha
- 1 tsp Dijon mustard
- 1-15oz can black beans
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp garlic powder
- 1 tsp honey or maple syrup
- 2 eggs



WED

SPRING STIR FRY

- 1 lemon
- 2 tsp fresh ginger
- 1 large crown broccoli
- 1/2 large leek
- 1 bunch asparagus
- 1 cup shelled edamame
- 1 cup sugar snap peas
- 4 cloves garlic
- 1 tablespoon avocado oil
- 1 tablespoon sesame oil
- 3 tbsp liquid aminos or soy sauce
- 1 cup dry brown rice

THUR

WHITE BEAN SOUP

- 1 small yellow onion
- 1 yellow bell pepper
- 1 green bell pepper
- 2 cloves garlic
- 6 cups cubed butternut squash
- 3 cans white beans
- 2 teaspoons pure maple syrup
- 3 teaspoons chili powder
- 3 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon dried Italian seasoning
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 4 cups vegetable broth (about 32 ounces)