

# WEEKLY SHOPPING LIST

SUN

## VEGETABLE QUINOA BOWLS

- 1 medium-size head cauliflower
- 2 medium-size sweet potatoes
- 1-pound brussels sprouts
- 2 avocados
- 1-2 lemons
- 1 teaspoon turmeric
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 cup dry quinoa
- 1/2 cup tahini
- 2 teaspoons pure maple syrup

MON

## THAI PEANUT STIR-FRY

- 1 red onion
- 2 large carrots
- 1 red bell pepper
- 2.5 cups green beans
- 1 zucchini squash
- 1 large yellow squash
- 1 (8-ounce) can water chestnuts
- 3 tablespoons Peanut Sauce
- 3 cups to 4 cooked brown rice

TUES

## VEGAN MAC N CHEESE

- 2 crowns broccoli
- 1 medium onion
- 2 cups spinach (or greens of choice)
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 tsp paprika
- Pinch of red pepper flakes
- 1 cup raw cashews
- 8 oz whole grain elbow pasta
- 1/4 cup nutritional yeast

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## SPAG SPQUASH ENCHILADAS

- 1 medium sized spaghetti squash
- 1 handful fresh cilantro leaves
- Juice of 1 lime
- 1 small clove garlic
- 1 small green pepper
- 1/4 cup diced red onion
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1 (15 ounce) can black refried beans
- 2 cups enchilada sauce
- 12 corn tortillas
- 1 cup Greek non-fat plain yogurt

THUR

## AVOCADO TOAST

- 5 oz baby spinach
- 2 ripe avocados
- 1 (14.5 oz) can black beans
- 2 tsp smoked paprika
- 8 slices whole wheat bread
- maldon sea salt and red pepper flakes
- 2 tbsp butter
- 8 large eggs