

# WEEKLY SHOPPING LIST

SUN

## MINI QUINOA FRITTATAS

- 2 cups finely chopped mushrooms
- 6 green onions
- 1 red bell pepper
- 3 garlic cloves
- 3 cups finely chopped kale
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 cup cooked quinoa (about 1/3 cup dry)
- 1/4 cup extra virgin olive oil
- 1 cup garbanzo bean flour

MON

## LENTIL KALE SALAD

- 3 medium russet potatoes
- 1/4 cup chopped rosemary
- 2 cups sliced mushrooms
- 2 bunches kale
- 1/2 cup chopped shallot
- 1 cup cooked lentils (I used Trader Joe's pre-cooked)
- 1/2 cup walnuts
- 1/4 cup champagne wine vinegar
- 2 tbsp Dijon mustard

TUES

## SPRING GREEN PASTA

- 2 cups fresh basil
- 6 large mint leaves
- 1 lemon
- 1/2 large leek
- 1 bunch asparagus
- 1 cup peas
- 1/4 cup raw pumpkin seeds
- 3 tablespoons nutritional yeast
- 1/2 cup avocado oil or olive oil
- 1 cup raw walnuts
- 1 (12-ounce) package gluten-free pasta noodles

WED

## THAI ZUCCHINI SOUP

- 1 onion
- 6 medium zucchini
- juice of 1 lime
- 1/2 lb frozen peas
- 2 tbsp Thai green curry paste
- 20 oz full fat coconut milk
- cooked brown rice

THUR

## 5-INGREDIENT GNOCCHI

- 4-5 cups broccoli florets
- 1 (16 oz) package gnocchi
- 1 (15 oz) can cannelloni beans
- 1 (24 oz) jar tomato sauce
- 1 cup grated cheese