

# WEEKLY SHOPPING LIST

SUN

## TOFU BANH MI

- 2 carrots, shredded
- ½ cucumber
- 1 tsp grated lime zest
- 1 tbsp lime juice
- 1 tbsp soy sauce
- ¼ cup peanut butter
- 2 tbsp sriracha
- 14 oz extra firm tofu
- ⅓ cup cornstarch
- 4 sub rolls
- ¼ cup Greek yogurt

MON

## ONE-POT SUMMER LASAGNA

- 1 small onion
- 1 bell pepper
- 3-4 cloves garlic
- 2 medium-size zucchini
- 1 pint cherry tomatoes
- 1 lemon
- 8 ounces corn kernels
- 6 ounces tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon crushed red pepper
- 5 lasagna sheets
- 1 cup raw cashews
- nutritional yeast (optional)

TUES

## EVERYTHING BAGEL PASTA

- Fresh parsley for garnish (optional)
- 4 servings of dried pasta
- Everything bagel spice, to taste
- 4 ounces goat cheese

WED

## GRILLED PORTOBELLO SALAD

- 5 ounces spring green mix
- 2 romain hearts
- 2 cups red cabbage
- 2 large portobello mushrooms
- 2 bell peppers
- 1 pasilla pepper
- 1 cup black beans
- Salad dressing of choice

THUR

## ISRAELI POWER SALAD

- 1 large sweet potato
- ⅓ cup fresh lemon juice
- 1 bunch chard
- ½ cup sliced green onions
- 2 cups thinly sliced red cabbage
- 3 Persian or mini seedless cucumbers
- ½ cup flat leaf parsley, chopped
- 1-15oz can chickpeas
- ⅓ cup tahini
- 1 tbsp za'atar, to taste
- Heaping ½ cup walnuts