

WEEKLY SHOPPING LIST

SUN

CHIMICHURRI BOWLS

- ½ cup chopped basil
- 1 cup chopped parsley
- ½ cup chopped cilantro
- 2 cloves garlic
- 4 red bell peppers
- 4 ears of corn
- ¼ cup olive oil
- 3 tbsp white wine vinegar
- 1½ cups quinoa
- 1 (15 oz) can black beans



WED

LASAGNA ZUCCHINI BOATS

- 4 large zucchini
- 14 ounces firm tofu
- 1 tablespoon fresh lemon juice
- 1 cup marinara sauce
- 3 tablespoons nutritional yeast
- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning, or dried parsley
- ½ cup dried orzo
- ½ cup shredded cheese, vegan or regular

MON

VEGAN POKE BOWLS

- 1 cup pickled beets
- 1 large cucumber
- 8 ounces mushrooms
- juice of 1 lemon
- ¼ cup diced onion
- 1 large garlic clove
- 2 avocados
- 8 ounces seasoned tofu
- 4 cups cooked brown rice
- 6 ounces pickled ginger
- 4 tablespoons tamari
- ¼ cup white vinegar
- ¼ teaspoon dried oregano
- ¼ teaspoon mustard powder



THUR

SWEET POTATO BURGERS

- 1 medium sweet potato
- ½ cup fresh basil
- 2 cloves garlic
- ½ cup brown rice
- 3 tbsp oat flour (or GF flour of choice)
- 1 tsp ground cumin
- 2 tsp chili powder

TUES

THE BEST SHAKSHUKA

- 1 medium onion
- 1 red bell pepper
- 2 cloves garlic
- 1 jalapeño
- Cilantro or parsley, for garnish
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp paprika
- ½ tsp oregano
- 1-14oz can diced tomatoes
- 4 large eggs