

WEEKLY SHOPPING LIST

SUN

BROCCOLI BUDDHA BOWL

- 1-15oz can chickpeas
- 2 heads broccoli
- 3 medium carrots
- 2 cups cooked brown rice or quinoa
- ¼ cup natural creamy peanut butter
- ¼ cup almond milk
- 1 tbsp reduced sodium soy sauce
- 1 tbsp pure maple syrup
- 1 tsp minced ginger (optional)

MON

BUFFALO CHICKPEA SALAD

- 2 bundles kale
- 1/2 small red onion
- 2 cups shredded carrots
- 1 pint cherry tomatoes
- 2 avocados
- 1 lemon
- 1 (15-ounce) can chickpeas
- 1/2 cup of your favorite buffalo/hot sauce
- hemp ranch dressing (or store bought vegan ranch)

TUES

SUMMER BLISS BOWLS

- 1 onion
- 1 red bell pepper
- 1 cup fresh corn kernels
- 1 jalapeno
- 2 peaches
- 1 tomato
- 1 (14 oz) can black beans
- 1 cup farro
- ½ tsp chili powder
- ½ tsp coriander
- ½ tsp cumin
- ½ tsp smoked paprika
- ½ tsp honey

WED

NO COOK HUMMUS PIZZA

- cherry tomatoes
- cucumber
- red pepper
- red onion
- kalamata olives
- fresh herbs for topping
- naan bread or pita, or your favorite pre-cooked pizza crust
- hummus
- 1 teaspoon red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon dried oregano, or Italian seasoning
- feta cheese, regular or vegan

THUR

AVOCADO FRITTATA

- 1 medium zucchini squash
- 1 yellow squash
- 1/2 red bell pepper
- 2 large kale leaves
- 6 large basil leaves
- 1/2 large ripe avocado
- 1 tsp dried oregano
- 10 large eggs