

WEEKLY SHOPPING LIST

SUN

BUTTERNUT SQUASH FALAFEL

- 3-4 cloves garlic
- 1 small red onion
- 1 small butternut squash
- 3 lemons
- 1/2 cup parsley leaves
- 15-ounce can garbanzo beans
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1/2 cup tahini
- 2 tablespoons pure maple syrup
- 1/2 cup rolled oats
- 1/2 cup pecans



MON

SHEET PAN CHICKPEA BOWLS

- 1 medium sweet potato
- 1 red bell pepper
- 2-3 cups small broccoli florets
- 1/2 large red onion
- 1 (15 oz) can chickpeas
- 1/2 teaspoon curry powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 2 cups cooked quinoa
- Optional toppings: tahini, lemon wedges, fresh parsley



TUES

QUINOA FRIED RICE

- 2 carrots
- 1 medium zucchini squash
- 1 large crown broccoli
- 1 cup red cabbage
- 1 cup quinoa
- 2 tsp ginger
- 3 Tbsp liquid aminos
- 1 Tbsp butter (or oil for vegan)
- 3 large eggs



WED

BUTTERNUT SQUASH PASTA

- 24oz cubed butternut squash
- 2 tbsp fresh shopped sage (plus more for garnish)
- 1 cup peas, optional
- 16 oz whole-grain pasta
- 1½ cups vegetable broth
- 1 tbsp pure maple syrup
- ¾ cup raw cashews

THUR

KOREAN TEMPEH BOWLS

- 2 large carrots
- 2 small zucchini
- 12 oz broccoli
- 5 cloves garlic
- 1 tbsp minced ginger
- 8 oz tempeh
- ¼ cup tamari
- 4 tbsp rice vinegar
- 2 tbsp mirin
- 1½ tbsp sesame oil
- 1 tbsp sugar
- 1-2 tsp red pepper flakes
- 2 tbsp toasted sesame seeds
- ½ cup mayonnaise
- 2 tbsp sriracha
- 1 cup brown rice