

WEEKLY SHOPPING LIST

SUN

ONE-POT GOLDEN LENTIL CURRY

- 1 bunch rainbow chard
- juice of 1 lemon
- 1 onion
- 2 bell peppers
- 3 garlic
- 2-inches fresh ginger
- 2-inches fresh turmeric (or 2 teaspoons ground turmeric)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/4 teaspoon cayenne
- 1 cup dry red lentils
- 2 cups vegetable broth
- 1 (13.5-ounce) can coconut milk



MON

CREAMY VEGAN POT PIE

- 2 cups diced potatoes
- 1 1/2 cups diced carrots
- 1 1/2 cups cauliflower florets
- 1 1/2 cups broccoli florets
- 1 cup frozen peas
- 1/2 cup diced onion
- 1/2 cup flour, gluten free or regular
- 2 cups vegetable broth
- 1 cup unsweetened almond milk
- 1/2 teaspoon celery seed
- 2 large unbaked pie crusts
- 1/2 cup vegan butter



TUES

WINTER QUINOA SALAD

- 1 large carrot
- 1 large parsnip
- 1 small sweet potato
- 2 cups butternut squash
- 1/3 cup fresh parsley
- 1/3 cup walnuts
- 3 Tbsp cider vinegar
- 1 Tbsp pure maple syrup
- 1 tsp ground cinnamon
- 1 cup quinoa
- 1/3 cup algae or avocado oil (divided)



WED

GLOWING CARROT GINGER SOUP

- 1 lb carrots
- 1 small to medium apple
- 1 medium onion
- 1 tsp minced garlic
- 1 tbsp fresh minced ginger (or 1/2 tbsp dried ginger)
- 3 tbsp higher heat oil
- 3 cups vegetable broth
- 1/2 tsp turmeric
- chopped cilantro and crushed walnuts for garnish, optional
- 1 cup milk of choice

THUR

PIZZA BEANS

- 1 large onion
- 2 carrots
- 2 large garlic cloves
- 1 bunch curly kale leaves
- 28 oz canned crushed tomatoes
- 1 lb dried white beans
- 1/4 cup white wine
- 3/4 cup vegetable broth
- 1/2 lb mozzarella, coarsely grated
- 1/3 cup grated parmesan cheese