

# WEEKLY SHOPPING LIST

SUN

## VEGAN SHAKSHUKA

- 1 yellow onion
- 3 cloves garlic
- 1 head kale
- 1/2 cup chopped fresh parsley
- 28 oz diced or crushed tomatoes
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 15 oz can cannelloni beans
- 8 ounces vegan cream cheese



MON

## 5-INGREDIENT BAKED ZITI

- 2-4 cups baby spinach leaves
- 16 ounces ziti pasta
- 1 (15 oz) can chickpeas
- 4 cups spaghetti sauce
- 1 1/2 cups shredded cheese



TUES

## TEMPEH STUFFED SQUASH

- 3 acorn squash
- 1 medium onion
- 3 cloves garlic
- 1 cup sliced mushrooms
- 3 cups chopped kale
- 1-8 oz package tempeh
- 1/3 cup pecans
- 1 tbsp fennel seed
- 3/4 tsp thyme
- 3/4 tsp rosemary
- 1 tsp oregano
- 1/2 tsp red pepper flakes
- 1 tsp dried sage
- 3 tbsp reduced-sodium soy sauce
- 1 tbsp nutritional yeast
- 2 tsp pure maple syrup
- 1 1/2 tsp lemon juice



WED

## VEGAN SOPA AZTECA

- 1 medium onion
- 1 red bell pepper
- 12 oz carrots
- 4 garlic cloves
- 5 oz baby chard
- 1 cup frozen corn
- 2 tsp chili powder
- 2 tsp cumin
- 4 cups vegetable broth
- 14 oz canned diced tomatoes
- 1 tbsp adobo sauce (from a can of chipotles in adobo)
- 1/3 cup red lentils

THUR

## KALE QUINOA SALAD

- 2 heads lacinato kale
- 1/2 large fungi apple
- 1/4 cup walnuts
- 2/3 cup cooked quinoa
- 1/4 cup raw pumpkin seeds
- 3 Tbsp dried cranberries
- 1 Tbsp hemp hearts
- avocado oil and lemon juice for dressing