

WEEKLY SHOPPING LIST

SUN

'CHEESY' BROCCOLI SOUP

- 4 cups chopped broccoli florets
- 1 small onion
- 3 garlic cloves
- 3 carrots
- 1 russet potato
- juice of 1 lemon
- 2 teaspoons oregano
- 1 tablespoon tomato paste
- 3 cups vegetable broth
- 4 tablespoons nutritional yeast
- 1 cup unsweetened plain milk



MON

SHEET PAN GNOCCHI

- 1 small-medium butternut squash
- 4 cups small broccoli florets
- 1 clove garlic, minced
- 1/2 purple onion
- 1 teaspoon fresh chopped sage
- 1 (17.6 oz) package gnocchi
- 1-2 tablespoons chopped walnuts
- 1 tablespoon butter, vegan or regular



TUES

TOMATO BASIL SOUP

- 1/2 small yellow onion
- 2 stalks celery
- 2 carrots
- 1/4 cup basil
- 3 cloves garlic
- 1 (24-ounce) can whole tomatoes
- 2 cups vegetable broth
- 3 tbsp nutritional yeast
- 1 cup raw macadamia nuts (or cashews)



WED

BEST VEGAN LASAGNA

- 1 medium zucchini
- 1/4 cup fresh basil
- 8oz pkg sliced mushrooms
- 12oz pkg frozen spinach
- 1 cup frozen peas
- 2-14oz pkg extra firm tofu
- 10oz tub roasted garlic hummus
- 12 whole grain lasagna noodles
- 5-10 cups marinara sauce
- 1/2 cup nutritional yeast
- 1 tsp garlic powder

THUR

MOROCCAN RAGOUT

- 1 onion
- 1 lb carrots
- 2 cups chickpeas
- 2 tbsp harissa
- 1 tbsp ras el hangout
- 6 oz dried cherries
- 28 oz whole peeled tomatoes
- 10 oz couscous