

WEEKLY SHOPPING LIST

SUN

BUTTERNUT PEAR SOUP

- 1 large butternut squash (at least 2lbs, should yield 2 cups roasted)
- 1 medium onion
- 3 garlic cloves
- 2 carrots
- 2 celery
- 2 pears
- 2 teaspoons dried sage
- 3 cups vegetable broth
- 1 tablespoon white wine vinegar (or balsamic vinegar)



MON

VEGAN MEATLOAF

- 1 small red pepper
- 1/2 yellow onion
- 1 large clove garlic
- 1 tablespoon chopped parsley
- 3 cups cooked brown lentils
- 3 cups cooked chickpeas
- 11 tablespoon ground flax
- 1/2 cup ketchup
- 4 teaspoons balsamic vinegar
- 1 tablespoon breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika



TUES

BUTTERNUT CHICKPEA CHILI

- 1 yellow onion
- 2 stalks celery
- 3 cups kale leaves
- 4 cups butternut squash
- 5 cloves garlic
- 1.5 tbsp chili powder
- 1.5 tsp ground cumin
- 1/2 tsp ground cayenne, optional
- 1/4 tsp ground cinnamon
- 2 cups vegetable broth
- 1 (28-ounce) can diced tomatoes
- 1 (14-ounce) can chickpeas



WED

ROSEMARY KALE SALAD

- 1/2 cup chopped shallot
- 2 bunches kale (I like lacinato),
- 3 small to medium russet potatoes
- 1/4 cup chopped rosemary (optional, still tastes great without it!)
- 2 cups sliced mushrooms
- 1/2 cup walnuts
- 1 cup cooked lentils (I used Trader Joe's pre-cooked)
- 1/4 cup champagne wine vinegar
- 2 tbsp Dijon mustard

THUR

CHICKPEA SHAWARMA BURGERS

- 1 zucchini
- 1 lb butternut squash
- 1 lb mixed heirloom cherry tomatoes
- butter lettuce, to garnish
- 2 cups chickpeas
- 1 can white beans
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- 1 tsp red pepper flakes
- 2 tbsp tahini
- 6 brioche buns
- 1 large egg
- 1 cup whole milk Greek yogurt