

# WEEKLY SHOPPING LIST

SUN

## SPAGHETTI SQUASH LASAGNA

- 2 large spaghetti squash
- 1 onion
- 3 garlic cloves
- 8 ounces cremini mushrooms
- 1 bunch dinosaur kale
- 1 lemon
- 2 tablespoons tomato paste
- 15-ounces diced tomatoes
- 1 teaspoon dried basil
- 2 teaspoons dried oregano
- 1 cup raw cashews



MON

## JACKFRUIT TAQUITOS

- 1/2 small onion
- 1 (20 oz) can jackfruit
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 cup chunky salsa, divided
- 1 (15 oz) can pinto beans
- 3 tablespoons Nutritional Yeast
- 12 corn tortillas



TUES

## LINGUINE WITH CHICKPEAS

- 4 garlic cloves
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 2 medium zucchini
- 1 (15 oz) can chickpeas
- 1/2 tsp red pepper flakes
- 1 lb linguine
- 1/3 cup extra virgin olive oil
- 2 oz pecorino romano cheese



WED

## VEGAN MEATBALLS SUBS

- 8 oz sliced mushrooms
- 3 large cloves garlic
- 1/2 medium onion
- 1-15oz can pinto beans
- 1 tbsp Italian seasoning
- 2 tbsp nutritional yeast
- 3/4 cup Italian-style breadcrumbs
- 1 1/2 cups marinara sauce
- 6 hot dog buns
- 1 tbsp ground flaxseed
- 1/2 cup chopped walnuts

THUR

## GUACAMOLE SWEET POTATOES

- 4 medium sweet potatoes
- 3 avocados
- 3 cloves garlic
- 1/4 cup lime juice
- 1 jalapeno
- 1 bunch green onion
- 1 cup cilantro
- 1/2 cup pistachios
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp sesame seeds
- 2 (14-ounce) cans black beans