

WEEKLY SHOPPING LIST

SUN

ROASTED VEGETABLE PENNE

- 1/2 yellow onion
- 1 large zucchini
- 1 large red bell pepper
- 8 ounces cremini mushrooms
- 3 garlic cloves
- 8 ounces whole grain penne
- 25 ounces marinara
- 1 tablespoon dried Italian herb mix
- 1/2 cup raw cashews
- high heat oil



MON

ONE-POT COCONUT CURRY

- 4 cups small diced sweet potato
- 1/2 yellow onion
- 1 (15 ounce) can coconut milk
- 3 1/2 cups vegetable broth
- 1 cup quinoa
- 1 cup brown lentils
- 2 teaspoons curry powder
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1 teaspoon granulated garlic



TUES

MEXICAN QUINOA CASSEROLE

- 1 jalapeno pepper
- 1 bunch cilantro
- 2 zucchini
- 1 red bell pepper
- 1 tbsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp dried oregano
- 1/2 tsp dried paprika
- 1 1/2 tsp ground cumin
- 28 oz whole peeled tomatoes
- 2 cups pinto beans
- 2 cups quinoa
- 1 lb white cheddar cheese



WED

YUMMY VEGETABLE SOUP

- 1 large onion
- 3 cloves garlic
- 3 medium carrots
- 3 stalks celery
- 1 cup corn
- 1/4 cup parsley
- 1 lemon
- 2 medium potatoes
- 2 tsp Italian seasoning
- 4 cups vegetable broth
- 2-15oz can diced tomatoes
- 1-15oz can kidney beans
- 1 bay leaf

THUR

BEET VEGGIE BURGERS

- 4 cloves garlic
- 1 medium red beet
- 2 large carrots
- 1 Tbsp fresh ginger
- 2 tsp fresh parsley
- 2 tsp fresh basil
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp turmeric
- 1/2 tsp cinnamon
- 1/2 tsp Italian seasoning
- 1/4 tsp oregano
- 2 cups cooked rice
- 4 ounces goat cheese