

# WEEKLY SHOPPING LIST

SUN

## CAULIFLOWER HEMP ALFREDO

- 4 garlic cloves
- 2 medium-size lemons
- 1 medium-large head cauliflower
- 1 and 1/2 cups vegetable broth
- 1/4 cup hulled hemp seeds
- 2 tablespoons nutritional yeast
- 1/2 teaspoon onion powder
- 1/2 teaspoon tamari (optional)
- pasta or spaghetti squash for serving



MON

## INDIAN PANEER BEAN CHILI

- 1 medium onion
- 1 bell pepper
- 3 garlic cloves
- 2 tsp fresh ginger
- 1 lb sweet potato
- 2 tsp garam masala
- 1-2 tsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 28 oz canned crushed tomatoes
- 2 cups cooked pinto or kidney beans
- 2 cups vegetable broth
- avocado and yogurt, for garnish
- 8 oz paneer, cubed



TUES

## WINTER QUINOA SALAD

- 1 medium sized butternut squash
- 1/2 teaspoon minced garlic
- 4 cups baby kale leaves
- 1 (15 oz) can chickpeas
- 1/2 cup dried cranberries or cherries
- 1/2 cup toasted chopped walnuts
- 1/2 cup olive oil
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon dried oregano
- 1 cup uncooked quinoa



WED

## ENCHILADA CASSEROLE

- 1 medium red bell pepper
- 1 small onion
- 3/4 cup corn
- 1 small bunch of kale
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/2 cup raw cashews
- 1 heaping cup chunky salsa
- 1-8oz pkg tempeh
- 1-15oz can kidney or black beans
- 1/2 cup enchilada sauce

THUR

## BROCCOL CHEDDAR SOUP

- 2 medium yukon gold potatoes
- 2 cups carrots
- 2 crowns broccoli
- 1/2 leek
- 32 ounces vegetable broth
- 1 cup full-fat canned coconut milk
- 2 tsp cider vinegar
- 1/3 cup nutritional yeast
- 1 Tbsp tapioca flour