

WEEKLY SHOPPING LIST

SUN

MISO SWEET POTATO BOWLS

- 2 medium sweet potatoes
- 1 onion
- 5 cups chopped kale (about 2 bunches)
- 8 ounces mushrooms
- 1 avocado
- 1 lemon
- 1 and 1/2 cups uncooked farro
- 1 teaspoon ground turmeric
- 3 tablespoons white miso
- 2 tablespoons low sodium tamari
- 1 tablespoon rice wine vinegar
- 2 tablespoons pure maple syrup
- 1 teaspoon garlic powder
- 1/4 cup tahini



MON

PUMPKIN COCONUT CURRY

- 1 1/4 lb butternut squash
- 2 Indian green chiles
- 1 large onion
- 3 garlic cloves
- 1/3 lb ripe tomatoes
- 1 3/4 cup cooked black-eyed peas
- 1 tbsp garam masala
- 1 tsp mustard seeds
- 1/2 tsp ground turmeric
- 14 oz can coconut milk



TUES

VEGAN TOMATO BASIL PASTA

- 1/4 cup fresh basil leaves
- 3 cups spinach
- 6oz whole grain pasta
- 14.5oz can fire roasted tomatoes
- 1/2 cup vegan cream cheese



WED

SESAME GINGER TOFU BOWLS

- 2 cups diced red pepper
- 2 cups diced purple cabbage
- 2 cups small broccoli florets
- green onion for garnish
- 1 teaspoon grated fresh ginger
- 1 teaspoon grated garlic
- 16 ounces tofu
- sesame seeds for garnish
- 1/3 cup low sodium tamari
- 1/4 cup toasted sesame oil
- 1/4 cup pure maple syrup, or honey
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 1/2 teaspoons corn starch or arrowroot
- 3/4 cup rice

THUR

QUINOA FRIED RICE

- 2 large carrots
- 1 crown broccoli
- 1 medium zucchini
- 1 cup cabbage
- 2 tsp fresh ginger
- 3 Tbsp coconut aminos
- 1 Tbsp ghee or butter
- 1 Tbsp sesame seeds
- 1 cup uncooked quinoa
- 3 eggs