

WEEKLY SHOPPING LIST

SUN

BEET PATTIES WITH TZATZIKI

- 1 small onion
- 4 garlic cloves
- 2 medium raw beets
- juice of 1 lemon
- 1 cup diced cucumber
- 3/4 cup fresh dill
- 3 tablespoons distilled white vinegar
- 1/3 cup chickpea flour
- 1/2 cup rolled oats*
- 1 (15-ounce) can chickpeas
- 3/4 cup plain non-dairy yogurt



WED

EASY BLACK BEAN BURGERS

- 1 1/2 cups cooked quinoa
- 1-15 ounce can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoons salt
- 1/3 cup chunky salsa
- 1/3 cup breadcrumbs
- 6 hamburger buns

MON

ONE-POT BAKED PANEER

- 1 onion
- 2 garlic cloves
- 1-inch piece of ginger
- 1 lb baby spinach
- 1 tsp red pepper flakes
- 2 tsp garam masala
- 1/2 tsp chili powder
- pinch of sugar
- 4 cups cooked chickpeas
- 1 (14 oz) can diced tomatoes
- 1/2 cup heavy cream
- 8 oz paneer, cut into 1/4-inch cubes



THUR

THAI GREEN CURRY

- 2 tsp fresh ginger
- 1 medium crown broccoli
- 1 large carrot
- 1 red bell pepper
- 1 avocado
- 1 can chickpeas
- 4 Tbsp green curry
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 cup uncooked rice
- 1 (14-ounce) can full-fat coconut milk

TUES

THAI CURRY SOBA BOWLS

- 1/2 cup chopped shallot
- 1 1/2 cups thinly sliced red cabbage
- 1 red bell pepper
- 1 carrot
- 1/4 cup fresh chopped cilantro
- 1 tbsp fresh grated ginger
- 3 cloves minced garlic
- 1 cup shelled edamame
- 2 tbsp red curry paste
- 1-14.5oz can full fat coconut milk
- 1/2 cup vegetable broth
- 2 tbsp reduced sodium soy sauce
- 8oz soba noodles

