

WEEKLY SHOPPING LIST

SUN

CHICKPEA FLOUR CREPES

- 1 avocado
- 1 cup shredded carrot
- 5 ounces mixed greens
- 1 and 1/4 cups garbanzo bean flour
- 1/4 teaspoon garlic powder
- 1 cup hummus
- ranch dressing for serving



WED

PINTO TORTILLA SOUP

- 1 large visalia onion
- 1 large red bell pepper
- 2 large carrots
- 1 jalapeno
- 2 garlic cloves
- pinch of sugar
- 3/4 tsp cumin
- 1/2 tsp chili powder
- 1 tsp adobo sauce
- 2 cups bean broth (from can or cooking homemade beans)
- 2 cups vegetable broth
- 15 oz canned fire-roasted diced tomatoes
- 2 cups cooked pinto beans

MON

QUINOA FRIED RICE

- 2 large onions
- 2 1/2 cups thinly sliced carrots
- 2 red bell peppers
- 1 cup edamame
- 6 cloves garlic
- 1 tbsp minced ginger
- 1 bunch kale
- 2 cups quinoa
- 3/4 cup roasted salted cashews
- 1/3 cup reduced sodium soy sauce
- 3 tbsp sriracha

THUR

STUFFED DELICATA SQUASH

- 4 whole delicata squash
- 2 cups chopped kale
- Juice of 1 lemon
- 1/3 cup diced red onion
- 1/3 cup tahini
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- 1 teaspoon tamari, or soy sauce
- 1 teaspoon pure maple syrup
- 1/2 teaspoon curry powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1 cup rinsed Floating Leaf Prairie Blend, Sprouted Brown Rice with Split Pea & Quinoa

TUES

ZUCCHINI FRITTATA

- 1 medium zucchini
- 4 cups baby arugula
- 1/3 cup fresh basil
- 12 eggs
- 1/2 cup feta cheese crumbles