

WEEKLY SHOPPING LIST

SUN

MEDITERRANEAN 'MEATBALLS'

- 2 cups packed spinach
- juice of 1 lemon
- 3 garlic cloves
- 1 (15-ounce) can chickpeas
- 1/2 cup rolled oats
- 1/4 cup sundried tomatoes (or pitted green olives)
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- chopped romaine, vegan tzatziki, pita, and/or tomatoes for serving



MON

MAKE AHEAD BEAN BURRITOS

- 1/3 cup diced onion
- 1 (15 oz) can refried beans
- 1 (15 oz) cans pinto beans
- 1 (15 oz) can petite diced tomatoes
- 3/4 cup cooked rice
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 6–8 large tortillas



TUES

RED CURRY NOODLE BOWLS

- 2 large carrots
- 1/2 red bell pepper
- 1 yellow squash
- 2 zucchini squash
- 1 lime
- 3 green onions
- 2 tsp fresh ginger
- 2 Tbsp coconut aminos or liquid aminos
- 1 Tbsp pure maple syrup
- 1 can full-fat coconut milk
- 2 Tbsp red curry paste



WED

VEGAN POWER MAC N' CHEESE

- 2 crowns broccoli
- 2 cups spinach (or greens of choice)
- 1 medium onion
- 2 tbsp lemon juice
- 1 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 tsp paprika
- Pinch of red pepper flakes
- 1/4 cup nutritional yeast
- 1 cup raw cashews
- 8 oz whole grain elbow pasta (use gluten-free if necessary)

THUR

GREEK SUPER GRAIN SALAD

- 3 vine ripe tomatoes
- 1 red onion
- 2 small seedless cucumbers
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 (14 oz) can black olives
- 1/2 cup olive oil
- 6 tbsp red wine vinegar
- 1 tsp dried oregano
- 1 cup mixed quinoa, millet, and buckwheat
- 1/2 lb feta, crumbled