

WEEKLY SHOPPING LIST

SUN

GARLIC HERB TEMPEH

- 12 ounces tempeh
- 3 garlic cloves
- 2 tablespoons high heat oil , 1 like avocado oil
- 1/4 cup vegetable broth
- 1/4 cup white wine vinegar
- 2 teaspoons Italian herb seasoning



WED

BROCCOLI CAULI SOUP

- 1 medium onion
- 2 cloves garlic
- 2 carrots
- 1 tbsp lemon juice
- 1 medium head broccoli
- 1 medium head cauliflower
- 1 small-medium potato
- 1/4 cup whole wheat pastry flour (or flour of choice)
- 4 cups vegetable broth
- 1 cup unsweetened, unflavored almond milk (not coconut milk)
- 1/3 cup nutritional yeast

THUR

CANNELLINI BEAN SALAD

- 4 garlic cloves
- lemon
- 1 red onion
- 1 lb lacinato kale
- 1/4 tsp red pepper flakes
- 1/4 cup olive oil
- 12 oz roasted red peppers
- 4 cups cooked cannellini beans
- 1/2 cup dry white wine
- 1 oz parmesan cheese

MON

ENCHILADA CASSEROLE

- 4 medium sized potatoes
- 1 small bell pepper
- 1/2 diced yellow onion
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 (15 oz) cans pinto beans
- 2 1/2 cups enchilada sauce
- 1 1/2 cups shredded cheese

TUES

SWEET POTATO KALE SALAD

- 2 heads lacinato kale
- 1 large sweet potato
- 1 large avocado
- 1/4 cup fresh parsley
- 1/4 cup fresh mint
- 1/4 cup lemon juice
- 1/3 cup walnuts
- 1/4 cup pumpkin seeds
- 1/3 cup avocado oil
- 2 tsp pure maple syrup
- 1/3 cup feta
- 2 to 4 large eggs