

WEEKLY SHOPPING LIST

SUN

GRILLED VEG HUMMUS BOWLS

- 1 red onion
- 2 medium zucchini
- 2 medium bell peppers
- 8 ounces mushrooms
- 2 ears corn
- 2 limes
- 1/2 cup chopped fresh cilantro
- 16 ounces hummus
- 2 cups cooked brown rice (or quinoa)
- high heat oil for cooking (I like avocado oil)
- whole grain pita bread for serving



WED

AVOCADO QUESADILLAS

- 2 avocados
- 2 bell peppers
- 2 zucchini squash
- 1/4 red onion
- 2 gluten-free flour tortillas
- 1 cup raw cashews
- 2 chipotle chilies in adobo sauce

MON

GREEK PASTA SALAD

- 1.5 lb broccoli florets
- 4 garlic cloves
- 1 zucchini
- 1 red bell pepper
- 2 Persian cucumbers
- 2 oz basil, thinly sliced
- juice of 1 lemon
- 1 lb gemelli
- 1 (8 oz) jar oil-packed sun-dried tomatoes
- 2 tbsp olive oil
- 8 oz feta cheese



THUR

VEGETARIAN STIR FRY

- 4 cups thinly sliced vegetables, such as carrots, peas, purple cabbage and red pepper
- 1 clove garlic
- 1 1/2 teaspoons finely grated ginger
- 1 (15 oz) can chickpeas
- 1/3 cup tamari
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 1/2 teaspoons arrowroot starch
- 1 teaspoon toasted sesame seeds

TUES

SPINACH MUSHROOM QUICHE

- 3 cloves garlic
- 1 tbsp fresh thyme or rosemary (or 1/2 tsp dried)
- 1/2 cup chopped shallot (or onion)
- 8oz baby bella mushrooms
- 3-4 cups fresh spinach
- 1 cup marinated artichoke hearts
- 1/4 cup extra virgin olive oil
- 1/4 tsp red pepper flakes
- 1 cup spelt flour
- 6 large eggs
- 1/3 cup milk
- 3oz crumbled feta or goat cheese

