

WEEKLY SHOPPING LIST

SUN

TEMPEH LETTUCE WRAPS

- 8 ounces plain tempeh
- 1 cup shredded carrot
- 1/2 head purple cabbage
- 1 bunch green onions
- 1/2-inch knob fresh ginger
- 10 lettuce wraps
- 3/4 cup creamy peanut butter
- 1 tablespoons sesame oil
- 1/2 cup low sodium tamari
- 1/4 cup rice wine vinegar
- 1 tablespoon coconut sugar
- 1/4 cup coconut milk



WED

WHEAT BERRY SALAD

- 5oz baby arugula
- 2 mangoes
- 3/4 cup chopped green onions
- 1 avocado
- 1/2 cup cilantro
- 3 tbsp fresh lime juice (from one medium lime)
- 3 tbsp extra virgin olive oil
- 3/4 cup soft wheat berries
- 1 tbsp pure maple syrup
- 2 tsp hemp seeds, more for garnish

MON

PESTO QUINOA SALAD

- 1 avocado
- 1 small bunch asparagus
- 2 cups kale leaves
- 1 tsp lemon zest
- 1/2 cup kale pesto (see blog post for recipe or use store-bought)
- 1/3 cup walnuts
- 1 cup quinoa
- 1/4 cup feta cheese crumbles



THUR

EASY HOMEMADE FALAFEL

- 2 tablespoons chopped white onion
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped parsley
- 3 teaspoons ground cumin
- Cayenne pepper, to taste
- 2 tablespoons flour
- 1/2 teaspoon baking powder
- Olive oil
- 2 (15-ounce) cans garbanzo beans
- Additional ingredients for serving, if desired: gluten-free pita bread, lettuce, tomato, onion, cucumber

TUES

SUMMER PASTA SALAD

- 3 large very ripe tomatoes (about 1.5 lb)
- 2 whole peeled garlic cloves
- 1/4 cup chopped fresh herbs (I used parsley and chives)
- 1/2 cup extra virgin olive oil
- pinch of ground coriander
- 1 lb pasta
- 1/4 cup toasted pine nuts
- splash of red wine vinegar
- red pepper flakes, to garnish
- 8 oz bocconcini

