

WEEKLY SHOPPING LIST

SUN

VEGETARIAN CHILI

- 1 medium onion
- 4 cloves garlic
- 1 bell pepper
- 1 large carrot
- 1 large stalk celery
- 1 jalapeño
- 2½ tsp chili powder
- ½ tsp cocoa powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- ¼ tsp cinnamon
- 1-28oz can diced tomatoes
- ¼ cup tomato paste
- 1-15oz can pinto or black beans
- 1-15oz can red kidney beans



MON

SWISS CHARD ENCHILADAS

- 2 medium-size shallots
- 16 ounces mushrooms (like cremini)
- 5 garlic cloves
- ½ cup cilantro
- 3 limes and 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- 2 large bundles swiss chard
- 8 whole grain tortillas (8-inches each)
- 6 ounces salsa
- 1 cup sunflower seeds



TUES

ASIAN KALE POWER SALAD

- 5 oz baby kale
- 1 medium head cauliflower
- 1 medium sweet potato
- 5 oz arugula
- ¾ cup pecans
- ¼ cup champagne vinegar
- ½ cup olive oil
- ½ cup dried cranberries
- 2 cups farro



WED

EASY CHANA SAAG

- 4 cups baby spinach
- ½ small yellow onion
- 1 small jewel yam
- 3 cloves garlic
- 1 tablespoon fresh ginger
- 3 tablespoons coconut oil
- 1 cup full-fat canned coconut milk
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground turmeric
- 1 (14-ounce) can diced tomatoes
- 1 (14-ounce) can garbanzo beans
- cooked rice for serving

THUR

VEGGIE SANDWICH

- sliced cucumbers
- sliced tomatoes
- sliced avocado
- alfalfa sprouts
- sliced red onion
- 1½ tablespoons chopped basil
- 1 small clove garlic
- 1 lemon
- 1 package of extra firm tofu
- smoked paprika
- garlic powder
- ½ cup veganaise or mayonnaise
- whole grain mustard
- whole grain sandwich bread