

WEEKLY SHOPPING LIST

SUN

BREAKFAST BOWLS

- 1 medium sweet potato
- 1/4 red onion
- 3 leaves rainbow chard (or kale)
- 1 ripe avocado
- 1 (14-ounce) can black beans
- 1 cup salsa
- 6 large eggs
- shredded cheese for serving

MON

WARM LENTIL KALE SALAD

- 17.6 ounce package of steamed & peeled potatoes or 5 baby potatoes
- 1 clove garlic
- 1 teaspoon fresh thyme leaves
- 1 bunch lacinato kale
- 1/4 cup dried cranberries
- 1 1/2 cup steamed lentils
- 1/4 cup toasted pecans or walnuts
- 1/4 cup olive oil
- 2 teaspoons dijon mustard
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon maple syrup

TUES

VEGETABLE TOSTADAS

- 2 garlic cloves, minced
- 2 medium turnips
- 1 bunch swiss chard
- 1 tsp ancho chili powder
- 1/2 tsp cumin
- 12 8-inch flour or corn tortillas
- 1/2 lb gruyere, shredded
- 1/4 lb fontina, shredded

WED

AVOCADO BEAN BURGERS

- 1/2 medium avocado
- 2 tsp lemon juice
- 1/2 cup corn
- 1/2 cup chopped cilantro
- 1/3 cup chopped onion
- 1 tbsp ground flax
- 1-15oz can black beans
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 3/4 cup oat flour (certified GF if necessary)
- 2 tbsp nutritional yeast (optional)

THUR

SWIFT SWEET POTATO CURRY

- 2 large sweet potatoes
- 2 green onions
- 1/4 cup fresh cilantro
- 1 medium yellow onion
- 1 lime
- 14-ounces full fat coconut milk
- 1 tablespoon curry powder
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground turmeric
- pinch of cayenne (optional)
- 4 cups cooked brown basmati rice, for serving