

WEEKLY SHOPPING LIST

SUN

WINTER VEGETABLE BOWLS

- 1 bunch rainbow carrots
- 1 large turnip
- 1 large sweet potato
- 1 (8.8-ounce) package cooked beets, or 2 medium raw beets
- 5 ounces baby arugula
- 1/3 cup pomegranate seeds
- 1 and 1/2 cups uncooked black rice
- 3 tablespoons tahini
- 1 tablespoon cider vinegar
- 1 tablespoon pure maple syrup
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg



MON

LOADED LENTIL SALAD

- 3 medium sweet potatoes
- 2 small red onions
- 16oz brussels sprouts
- 1 cup French lentils
- 1/3 cup pepitas (pumpkin seeds)
- 2 tsp Herbs de Provence
- 2 tsp pure maple syrup or honey
- 1/4 cup extra virgin olive oil, divided
- 1/4 cup balsamic vinegar



TUES

SWEET POTATO TACOS

- 1 large sweet potato (about 1.5 lbs)
- 4 limes and 1 lemon
- 1 small head of red cabbage
- 2 ripe avocados
- 1 small jalapeño
- 1 small shallot
- 2 cloves garlic
- 1/2 cup cilantro
- 1 (15 ounce) can black bean
- 1 teaspoon cumin
- 1 teaspoon ground chipotle powder
- 2 tablespoons apple cider vinegar
- 12 whole grain corn tortillas



WED

CARROT CORIANDER SOUP

- 1 lb carrots, peeled and diced
- 1 kabocha squash
- 1 tbsp minced ginger
- 2 tsp coriander
- 2 tsp smoked paprika
- 2 tbsp olive oil
- 6 cups vegetable broth
- 1 cup coconut milk
- 1 (15 oz) can chickpeas
- 1 tbsp harissa, plus more for drizzling

THUR

CHICKPEA SANDWICHES

- 1/2 cup diced celery
- 1 small apple, your favorite kind
- 1/4 cup chopped red onion
- spinach or lettuce, if desired
- 1/4 cup dried cranberries
- 1/4 cup vegan mayo (or regular mayo)
- 2 (15-ounce) cans chickpeas
- 1 teaspoon dijon mustard
- 2 teaspoons curry powder
- 1/4 teaspoon dried thyme
- whole grain sandwich bread