

# WEEKLY SHOPPING LIST

SUN

## TOFU 'CHICKEN' NOODLE SOUP

- 8 ounces extra-firm organic tofu
- 4 large carrots
- 4 celery stalks
- 1 small onion
- 1 lemon
- 2 cloves garlic
- 1 tablespoon reduced-sodium tamari
- 1 tablespoon nutritional yeast flakes
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 6 cups vegan chicken broth (like Better Than Boullion No Chicken)
- 8 ounces whole grain angel hair pasta



MON

## GREENEST CHOPPED SALAD

- 2- 5 oz boxes of spring mix lettuce
- 1 green apple
- 1 small cucumber
- ½ cup green olives
- 4-5 green onions
- 1 avocado
- 1 large lemon
- 1 cup broccoli florets
- 2 tablespoons chopped basil
- 1 small clove garlic, minced
- ⅓ cup olive oil
- ½ teaspoon dijon mustard
- ½ teaspoon maple syrup or honey
- ½ cup pistachios
- ½ cup crumbled feta cheese



TUES

## PESTO FETTUCINE

- 1 medium butternut squash
- 2 bunches of swiss chard
- 3 cloves garlic
- 2 oz basil
- ⅓ cup pistachio meat
- 1 lb fettuccine
- ⅓ cup parmesan cheese



WED

## YELLOW CURRY LENTILS

- 1/2 yellow onion
- 3 cloves garlic
- 1 tablespoon fresh ginger
- 1-1/2 cups green lentils (uncooked)
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cayenne
- 1 (14-ounce) can full-fat canned coconut milk
- cooked brown rice for serving
- 5 ounces halloumi

THUR

## CHICKPEA BUDDHA BOWL

- 2 heads broccoli
- 3 medium carrots
- 1 tsp minced ginger (optional)
- 1-15oz can chickpeas
- 2 cups cooked brown rice or quinoa
- ¼ cup natural creamy peanut butter
- ¼ cup almond milk
- 1 tbsp reduced sodium soy sauce (or tamari)
- 1 tbsp pure maple syrup
- pinch red pepper flakes (optional)