

WEEKLY SHOPPING LIST

SUN

MUSHROOM BARLEY SOUP

- 3 large carrots
- 16 oz button mushrooms
- 2 stalks celery
- 1 medium onion
- 4 cloves garlic
- 6 cups vegetable broth
- ¾ cup pearled barley
- ¼ cup brown or green lentils
- 2 bay leaves
- 1 tsp thyme

MON

FIERY DAN DAN NOODLES

- 4 cloves garlic
- 1 large bunch bok choy
- 5 oz baby spinach
- 11 oz plant protein "beefy" crumbles
- 1 lb whole wheat spaghetti
- 2 tbsp sesame oil
- 5 tbsp soy sauce
- 2 tbsp honey
- 2 tbsp chili oil, plus more to taste

TUES

CURRIED CHICKPEA BURGERS

- 1 jalapeno
- 2 limes and 2 lemons
- 1 medium size sweet potato
- 1 cup cilantro
- 2 teaspoons turmeric
- 2 teaspoons cumin
- 1/2 teaspoon curry powder
- 1/4 teaspoon cayenne (optional)
- 1 (15-ounce) can chickpeas
- 1/2 cup rolled oats
- 1/3 cup tahini (sesame paste)
- 1 teaspoon pure maple syrup

WED

WINTER PANZANELLA

- 2 cups chopped baby kale or spinach
- 2 cups thinly sliced carrots
- 2 cups thinly sliced parsnips
- ½ small purple onion, thinly sliced
- 2 teaspoons chopped fresh thyme
- 1 garlic clove
- 1 (15 ounce) can cannellini beans
- ½ cup olive oil
- 3 tablespoons apple cider vinegar
- ½ teaspoon dijon mustard
- ½ teaspoon maple syrup
- 6 cups cubed bread, gluten free if necessary

THUR

LOADED SWEET POTATOES

- 4 medium sweet potatoes
- 3 large ripe avocados
- 3 cloves garlic
- 1/4 cup fresh lime juice
- 1 small jalapeño
- 1 bunch green onions
- 1/2 cup fresh cilantro
- 2 (14-ounce) cans black beans
- 1/4 cup shelled pistachios
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon sesame seeds