

# WEEKLY SHOPPING LIST

SUN

## MUSHROOM BOLOGNESE

- 1/2 large yellow onion
- 8 ounces baby bella mushrooms
- 5 cloves garlic
- 2 tablespoons fresh basil
- 1 large spaghetti squash
- 1 teaspoon rosemary
- 2 teaspoons dried oregano
- 2 teaspoons paprika
- 1 (28-ounce) can diced tomatoes
- 1-1/2 cups mozzarella cheese
- 1/4 cup parmesan cheese
- 1/3 cup ricotta cheese

MON

## FAJITA GNOCCHI SKILLET

- 1 large red bell pepper
- 1 large green bell pepper
- 1 yellow onion, thinly sliced
- 2 large avocados
- 1 medium tomato
- 2 tablespoons chopped cilantro
- 1 clove garlic
- Juice of 1 lime
- 1 (15 ounce) can black beans
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon granulated garlic
- 2 (12 oz) packages gnocchi

TUES

## VEGETARIAN COBB SALAD

- 2 heads romaine
- 1 avocado
- 1/3 cup cilantro
- 2 tbsp fresh lemon or lime juice
- 1/2 bunch green onion
- 1 mango
- 1 bell pepper
- 1 large tomato
- 1/4 cup black bean hummus
- 1-15oz can black beans
- 1 tbsp pure maple syrup
- 1/4 tsp smoked paprika

WED

## QUINOA TORTILLA SOUP

- 1 yellow onion
- 1 red bell pepper
- 2 jalapenos
- 1 lime
- cilantro
- 3 garlic cloves
- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 cup uncooked quinoa, rinsed
- 1 (15 ounce) can diced tomatoes with green chilies
- 15 ounces tomato sauce
- 4 cups vegetable broth
- 1 can black beans
- 8 corn tortillas

THUR

## PAPPAREDELLE

- 2 bunches lacinato kale
- 1 head cauliflower
- 8 large cloves garlic
- 2 tbsp olive oil
- 1 lb pappardelle
- 1/2 cup milk