

WEEKLY SHOPPING LIST

SUN

THAI GREEN CURRY

- 1-inch piece fresh ginger
- 1 medium crown broccoli
- 1 large carrot
- 1 red bell pepper
- 1 avocado
- 1 lime
- 1 (14-ounce) can chickpeas
- 1/4 cup green curry paste (one jar)
- 1 cup uncooked brown rice
- 1 (14-ounce) can full-fat coconut milk

MON

CABBAGE RICE FAJITA BOWLS

- 1 small head cabbage
- 2 limes
- 1 onion
- 2 bell peppers
- 1 jalapeno
- 3 teaspoons cumin
- 2 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 (15-ounce) can black beans
- salsa, avocado, cilantro & lime juice for serving

TUES

30-MINUTE PIZZA SKILLET

- 1 small zucchini
- 1 small summer squash
- 1 small red pepper
- 1 small green pepper
- 1/2 small onion
- fresh basil for garnish, if desired
- 2 cloves garlic, minced
- 1/2 teaspoon dried Italian seasoning
- 1 cups tomato sauce
- 4 large flour tortillas (GF if needed)
- 1 cup shredded cheese, I used non-dairy

WED

SPRING PASTA SALAD

- 1 head cauliflower
- 1 large sweet potato
- 2 tsp fresh minced ginger
- 2 cups cooked brown rice or quinoa
- 1-15oz can chickpeas
- 1/2 cup raw almonds
- 1 tbsp apple cider vinegar
- 4 Medjool dates, pitted
- 1 tsp Dijon mustard
- 2 tsp curry powder
- 1/2 tsp turmeric

THUR

KALE PESTO RAVIOLI

- 4 cloves garlic, minced
- 1 large bunch asparagus
- 1 (14.5 oz) can white beans
- 8 oz prepared kale pesto
- 2 lb mini cheese ravioli
- parmesan shavings, to garnish