

# WEEKLY SHOPPING LIST

SUN

## CASHEW STUFFED SHELLS

- juice of 2 lemons
- 3 garlic cloves
- fresh parsley for topping
- 16 ounces frozen spinach, defrosted
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 21 jumbo shells
- 2 cups raw cashews
- 1 (25 ounce) jar marinara sauce
- 1/4 cup whole wheat or GF panko breadcrumbs

MON

## CHIMICHURRI BOWLS

- 1/2 cup chopped basil
- 1 cup chopped parsley
- 1/2 cup chopped cilantro
- 2 cloves garlic
- 4 ears of corn
- 4 red bell peppers
- 1/4 cup olive oil
- 3 tbsp white wine vinegar
- 1 1/2 cups quinoa
- 1 (15 oz) can black beans

TUES

## ASIAN PASTA SALAD

- 2 cloves garlic
- 1 teaspoon grated ginger
- 1 cup shredded carrots
- 1 cups thinly sliced purple cabbage
- 1 cup thinly sliced red bell pepper
- 1 cup chopped broccoli
- 1/3 cup sliced green onion
- 1/3 cup chopped cilantro
- 1 (14 oz) container extra firm tofu
- 1 cup creamy peanut butter
- 3 teaspoons rice wine vinegar
- 2 tablespoons tamari, or soy sauce
- 1/2 teaspoon toasted sesame oil
- 12 oz rotini pasta, or your favorite kind

WED

## HUMMUS FLAT BREAD

- 2.5 ounces baby spinach
- 1/4 cup sun-dried tomatoes
- 1/4 cup pesto sauce
- 3 naan flatbread (or flatbread of choice)
- 1 10-ounce container hummus
- 2 tablespoons pine nuts
- 1/3 cup feta cheese

THUR

## BALSAMIC CHICKPEA SALAD

- 1 1/2 bunches kale
- 1/2 cup chopped basil
- 1 cup diced red onion
- 1 avocado, cubed (optional)
- 2-15oz cans chickpeas
- 1/4 cup balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup
- 1/2 cup dried cranberries
- 1/2 cup lightly salted almonds