

# WEEKLY SHOPPING LIST

SUN

## GRILLED QUESADILLAS

- 2 avocados
- 2 bell peppers
- 2 zucchini squash
- 1/4 red onion
- 1 cup raw cashews
- 2 chipotle chilis in adobo
- 2 large tortillas

MON

## TOMATO BASIL BURGERS

- 1/2 cup finely chopped onion
- 1/2 cup grated carrot
- 1/3 cup finely chopped fresh basil
- 1/3 cup chopped sun-dried tomatoes
- 1/3 cup pepitas (or sunflower seeds)
- 1/3 cup old-fashioned oats
- 2 tbsp ground flaxseed
- 1-15oz can cannellini beans
- 2 tbsp liquid amigoss
- 2 tbsp nutritional yeast
- 1 tbsp vegan worcestershire sauce
- 1 tsp minced garlic
- 1 tsp oregano
- 1/2 tsp cumin
- 3/4 cup whole grain breadcrumbs (use certifie gluten-free if necessary)

TUES

## HEALTHY ZUCCHINI FRITTERS

- 4 medium zucchini
- 1 an 1/2 cups corn kernels (about 8 ounces)
- 6 green onions
- 3 garlic cloves
- 1 and 1/4 cup chickpea flour
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon thyme
- black beans, salsa, nacho cashew cream (cashews, nutritional yeast, lemon juice) and/or avocado for serving

WED

## ONE-POT CAPRESE PASTA

- 1 pint cherry tomatoes
- 2 cloves garlic
- 2-3 tablespoons chopped fresh basil
- 2 cups plain, unsweetened non-dairy milk of your choice
- 4 cups penne pasta
- 1/4 cup nutritional yeast

THUR

## CORN FRITTATA

- 4 cloves garlic, minced
- 2 jalapeños
- 2 ears of corn kernels
- 2 oz basil
- 2 tbsp olive oil
- 6 large eggs
- 1 cup milk
- 8 oz brie, cut into 1/2-inch dice