

WEEKLY SHOPPING LIST

SUN

ZUCCHINI TACO BOATS

- 6 ounces corn kernels
- 4 medium zucchini
- 1 lemon
- 3 garlic cloves
- 1 small onion
- 1 bell pepper
- 8 ounces mushrooms (like cremini)
- diced tomato & fresh cilantro for topping
- 3 tablespoons tomato paste
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 1/2 tablespoon smoked paprika
- 1/4 teaspoon cayenne (optional)
- 1/2 teaspoon garlic powder
- 1 cup raw cashews
- 1 cup walnuts
- 1/4 cup nutritional yeast



WED

ENCHILADA STUFFED PEPPERS

- 4 large bell peppers
- 2 cups frozen spinach
- 1 small sweet potato
- 1 avocado
- juice 1 lime
- 1/2 cup corn
- 1/2 cup chunky salsa
- 8oz red enchilada sauce
- 1 heaping cup cooked quinoa
- 1-15oz can black beans
- 1/2 cup cashews
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/4 cup unsweetened, plain almond milk

MON

ZUCCHINI QUINOA BOWLS

- 1 1/2 lb zucchini
- 1 jalapeno, seeded
- 1 bunch of cilantro
- 2 large limes
- 2 cloves garlic
- 2 scallions
- 1/2 cup toasted pepitas
- 1/3 cup extra virgin olive oil
- 1 tsp sweet paprika
- 1 cup quinoa
- 2 cups vegetable broth
- 1/2 cup crumbled feta



THUR

CORN BUDDHA BOWLS

- 5 ounces mixed greens
- 1-1/2 cups red cabbage
- 2 husks corn
- 1 cup cherry tomatoes
- 1/3 cup red onion
- 1 avocado
- 3 limes
- 1 jalapeno
- 1 clove garlic
- 1/4 cup fresh basil
- 1/4 cup shelled pistachios
- 1-1/2 cups cooked rice
- 1/2 cup olive
- 2 tablespoons rice vinegar
- 1-1/2 tablespoons agave
- 4 eggs
- 1/3 cup queso fresco

TUES

PLAINTAIN TACOS

- 1/4 cup chopped onion
- 1 large clove garlic
- 2 medium sized ripe plantains
- 1 avocado
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon smoked paprika
- 2 cups cooked black beans

