

# WEEKLY SHOPPING LIST

SUN

## ROASTED POTATO SALAD

- 3 small to medium russet potatoes
- ¼ cup chopped rosemary
- 2 cups sliced mushrooms
- ½ cup chopped shallot
- 2 bunches kale
- 1 cup cooked lentils
- ½ cup walnuts
- ¼ cup champagne wine vinegar
- 4 tbsp olive oil
- 2 tbsp Dijon mustard

WED

## ZUCCHINI NOODLE BAKE

- 1/2 small yellow onion
- 2 cloves garlic
- 3 large zucchini
- 1/2 teaspoon Italian seasoning
- 2 cups tomato sauce
- 2 ounces spaghetti noodles
- 1 cup shredded mozzarella cheese

MON

## GARLIC FETTUCCINE

- 8 cloves garlic, minced
- 1 lb cherry tomatoes
- 3 cups cooked white beans
- 1 lb fettuccine
- ¼ cup extra virgin olive oil
- 8 oz mascarpone

THUR

## MEDITERRANEAN QUINOA

- 2.5 ounces baby spinach
- 1/2 large red onion
- 1 lemon
- 1 cup sun-dried tomatoes
- 1 cup pitted kalamata olives
- 2 cups quinoa
- 1/4 cup olive oil
- 2 tablespoons cider vinegar
- 4 ounces feta cheese crumbles

TUES

## TOFU BAHN MI TACOS

- 14 ounces tofu
- 1 cup finely chopped red onion
- 1 cup shredded carrot
- 1 cup finely chopped cucumber
- zest + juice of 1 lime
- 1/2 cup fresh cilantro
- 1 tablespoon tamari (or liquid amigos)
- 1/3 cup plant-based mayonnaise
- 2 tablespoons sriracha
- 1/4 cup cornstarch
- 1/2 teaspoon garlic powder
- 2 tablespoons high heat oil for cooking
- 8 corn tortillas

