

WEEKLY SHOPPING LIST

SUN

ARTICHOKE PASTA

- 1 tbsp lemon juice
- 1 tsp minced garlic
- 1-12oz pkg frozen cauliflower florets
- 1-12oz pkg frozen flat-leaf spinach
- 1-15oz can artichoke hearts
- ¼ cup nutritional yeast
- 1 tsp Dijon mustard
- Smoked paprika + hot sauce (optional)
- ½ cup raw cashews
- 8oz whole-grain fusili or penne pasta

MON

AVOCADO QUESADILLAS

- 2 cloves garlic, minced
- Juice of 1 lime
- 1 handful basil leaves, about 1/2 cup
- Sliced tomatoes, optional
- 1 large avocado
- 1/4 cup chopped cashews
- 1 package large tortillas
- Shredded cheese

TUES

SUMMER QUINOA SALAD

- 1/2 White Onion
- 1 Zucchini Squash
- 1 Yellow Squash
- 2 cups Green Beans
- 7 cloves Garlic
- 1 lemon
- 1/2 cup Walnuts, chopped
- 2/3 cup quinoa

WED

SOFT CORN TACOS

- 3 garlic cloves, minced
- 1 large sweet potato
- 1 poblano pepper
- 1 large onion
- 2 ears corn kernels
- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- 2 cups cooked black beans
- 12 (6-inch) corn tortillas
- 6 oz cotija cheese, crumbled

THUR

BBQ TEMPEH SANDWICHES

- 1 (8 ounce) package organic tempeh
- 2 limes
- 2 cups red cabbage, thinly sliced (about 1/2 small head)
- 1 large Granny Smith apple
- 1/2 cup organic ketchup
- 6 tablespoons apple cider vinegar
- 1 tablespoon white vinegar (or lemon juice)
- 1 tablespoon coconut sugar
- 1 tablespoon vegan Worcestershire
- 1 tablespoon mustard
- 1/2 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 4 whole grain buns, toasted
- 4 slices vegan smoked gouda