

WEEKLY SHOPPING LIST

SUN

BBQ LENTIL BURGERS

- 1 small onion
- 2 large carrots
- 2 garlic cloves
- 1 medium-size sweet potato
- 2 and 1/2 cups cooked brown lentils (approx. 1 cup dry)
- 1/3 cup sunflower seeds
- 1/3 cup walnuts (or sunflower seeds)
- 1 and 1/4 cup panko breadcrumbs (whole wheat or gluten-free)
- 1/4 cup flour (I used brown rice flour)
- 1/4 cup golden flax meal
- 1 tablespoon smoked paprika
- 1 teaspoon chili powder
- 1 tablespoon dried oregano
- 1 teaspoon dried parsley
- 1/3 cup + 2 tablespoons barbeque sauce (preferably smoky maple flavor)
- 1 egg (or 1 flax egg*)

MON

AVOCADO NICOISE SALAD

- 4-6 cups butter lettuce
- 4 small Yukon gold potatoes
- 1 large avocado
- 1 large tomato
- 1 large handful green beans
- 1/4 red onion
- 1/3 cup kalamata olives
- 1/3 cup pesto
- olive oil

TUES

SEVEN LAYER TOSTADAS

- 1 cup pico de gallo or fresh salsa
- 1 cup guacamole
- 3 ears corn kernels
- 4 fajita-sized flour or corn tortillas
- 1 (15 oz) can refried beans
- 2 cups pinto beans
- 1 cup sliced olives
- 8 oz grated monterey jack or pepperjack cheese

WED

FARMERS MARKET RICE BOWL

- 5 ounces mixed greens
- 1 cup fresh cherries
- 1 pint blackberries
- 1 peach
- 1 avocado
- 1/2 red onion
- 1/2 bunch green onion
- 3 tablespoons fresh lemon juice
- 1 clove garlic
- 1/4 cup fresh chives
- 1/3 cup fresh basil
- 4 leaves sage
- 2 cups cooked brown rice
- 1/3 cup tahini
- 1/4 cup rice vinegar
- 1 can black beans
- 1/3 cup shelled pistachios
- 1/3 cup cotija cheese

THUR

AVOCADO PESTO ZUCCHINI

- 2 medium zucchini
- 1/2 cup packed fresh basil leaves
- 1/2 large ripe avocado
- 1 tbsp fresh lemon juice
- 1/2 cup sliced grape tomatoes
- 2 cloves garlic
- 2 tbsp pine nuts (or walnuts)