

WEEKLY SHOPPING LIST

SUN

POTATO BURRITO BOWLS

- 2 lbs fingerling potatoes
- 1 small red onion
- 1 bell pepper
- 8 ounces mushrooms
- 1 pint cherry or grape tomatoes
- 2 cups baby spinach
- 2 cups corn
- 2 avocados
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 tablespoon oregano
- 1 teaspoon garlic powder
- 1 (15-ounce) can black beans
- 1 cup raw cashews, 2 lemons and nutrition yeast (optional)

MON

SESAME GINGER NOODLES

- 1 medium red pepper
- 2 medium carrots, grated (1-2 cups)
- 1 medium handful snow peas
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 1/2 cups thinly sliced purple cabbage
- 1 (8 oz) package rice noodles
- 1 (15 oz) can chickpeas
- 1/3 cup tamari, I like to use low sodium
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 1/2 teaspoons corn starch
- 1 teaspoon toasted sesame seeds

TUES

CARROT GINGER SOUP

- 1 lb carrots
- 1 small to medium apple
- 1 medium onion
- 1 tsp minced garlic
- 1 tbsp fresh minced ginger
- 3 tbsp high heat oil
- 3 cups vegetable broth
- 1 cup milk of choice
- 1/2 tsp turmeric

WED

SWEET POTATO PEANUT SOUP

- 1 small bunch cilantro
- 1 1/2 lb sweet potatoes
- 1 large onion
- 4 cloves garlic
- 1 tbsp minced ginger
- 1 1/2 tsp cumin
- 1 tsp coriander
- 1/2 tsp cinnamon
- 1/2 tsp turmeric
- 1/2 tsp red pepper flakes
- 1 cup crushed canned tomatoes
- 2 tbsp sesame oil
- 1/2 cup peanut butter
- 1 (15 oz) can black beans
- 1/2 cup salted roasted peanuts
- juice of 1/2 lime

THUR

VEGETABLE OMELETTES

- 1 medium zucchini squash
- 1 medium yellow squash
- 1 red bell pepper
- 1/2 cup heirloom cherry tomatoes
- 4 chives
- 1.5 tablespoons balsamic vinegar
- 4 to 6 eggs
- 1/4 cup goat milk feta cheese crumbles