

WEEKLY SHOPPING LIST

SUN

KALE SPAGHETTI SQUASH

- 1 medium-sized spaghetti squash
- 1 small head kale
- 1 bulb garlic
- 1/3 cup sun-dried tomatoes
- 1/3 cup walnuts

MON

THAI RED CURRY

- 1 delicata squash
- 1 tbsp minced ginger
- 3 scallions
- 5 oz baby kale
- 1 oz Thai basil or regular basil
- 20 oz tofu
- 4 tbsp extra virgin olive oil
- 1 3/4 cups coconut milk
- 4 oz thai red curry paste (or to taste)
- 2 tbsp brown sugar
- 2 tbsp soy sauce
- 1 1/2 cups brown rice

TUES

PUMPKIN MAC N' CHEESE

- 1 pound pasta
- 1/2 cup cashews
- 1 cup pumpkin puree
- 1 cup plain unsweetened almond milk
- 3 tablespoons nutritional yeast
- 1 1/2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder

WED

CAULIFLOWER QUESADILLAS

- 1 small head cauliflower
- 8 ounces hummus (I used roasted red pepper hummus but any kind will work)
- 1 bell pepper
- 1/2 small red onion
- 1 cup corn kernels
- 2 cups baby spinach
- 1 tablespoon high heat oil
- 2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 4 burrito size whole grain or GF tortillas

THUR

SWEET POTATO ENCHILADAS

- 1 bell pepper
- 1 avocado
- 3 leaves of kale
- 1 small sweet potato
- 2 tbsp nutritional yeast (optional)
- 12 corn tortillas
- 1/2 cup raw cashews
- 3/4 cup salsa
- 1-15oz can black beans
- 1-8oz package of enchilada sauce
- 1/2 tsp cumin
- 1/4 tsp cayenne