

# WEEKLY SHOPPING LIST

SUN

## CURRIED VEGETABLE POT PIE

- 2 cups diced potatoes
- 1 1/2 cups diced carrots
- 1 1/2 cups cauliflower florets
- 1 1/2 cups broccoli florets
- 1 cup frozen peas
- 1/2 cup diced onion
- Fresh parsley for garnish, if desired
- 1/2 cup flour, gluten free or regular
- 2 cups vegetable broth
- 1 cup unsweetened almond milk
- 1 1/4 teaspoon curry powder
- 1/2 teaspoon celery seed
- 2 large unbaked pie crusts
- 1/2 cup vegan butter, or coconut oil



MON

## WINTER MINESTRONE

- 1 small onion
- 3 cups chopped kale (about 1 bundle)
- 3 cups cubed butternut squash (2lbs)
- 2 carrots
- 3 celery
- 3 garlic cloves
- 1 teaspoon dried oregano
- 6 cups vegetable broth
- 1 (15-ounce) can diced tomatoes
- 1 (15-ounce) can white beans
- 8 ounces pasta of choice
- 2 tablespoons extra virgin olive oil
- vegan parmesan for serving



TUES

## MOROCCAN RAGOUT

- 1 onion
- 1 lb carrots
- 2 cups chickpeas
- 2 tbsp harissa
- 1 tbsp ras el hangout
- 6 oz dried cherries
- 28 oz whole peeled tomatoes
- 10 oz couscous
- extra virgin olive oil



WED

## MEXICAN SHEET PAN DINNER

- 1 medium sweet potato
- 1 small zucchini
- 1/2 cup grape tomatoes
- 1 bell pepper
- 1/2 small onion
- 1/2 cup corn
- 1 jalapeño
- 3 garlic cloves
- 2 medium ripe avocados
- 3 tbsp lime juice
- 1-15oz can black beans
- 1/2 tsp garlic powder
- 2 tsp chili powder
- 2 tsp cumin
- 3/4 tsp sea salt
- 1/2 tsp oregano
- 1/2 tsp smoked paprika

THUR

## MASALA VEGGIE BOWLS

- 1 small butternut squash
- 1 large crown broccoli
- 3 cloves garlic
- 1 bunch green onion
- 1 small head lacinato kale
- 1-1/2 cups uncooked black rice or rice of choice
- 1 tablespoon yellow curry powder
- 3 tablespoons coconut or olive oil
- 1 teaspoons to 2 wasabi
- 1 tablespoon garam masala
- 1/2 teaspoon sea salt to taste