

# WEEKLY SHOPPING LIST

SUN

## EASY MUSHROOM RAMEN

- 1 ounce dried mushrooms (I like porcini)
- 1 shallot (or 1/2 small onion)
- 3 garlic cloves
- 1-2 heads bok choy, chopped (3 cups)
- 8 ounces fresh shiitake mushrooms
- 4 cups vegetable broth
- 2 tablespoons miso (use chickpea miso for a soy-free option)
- 2 tablespoons tamari (or coconut aminos for soy-free)
- 5 ounces ramen noodles
- finely chopped green onions + sesame seeds for serving



MON

## MOROCCAN SQUASH

- 1 medium onion
- 1 zucchini
- 3 cups peeled, cubed butternut squash
- 3 cups cooked chickpeas
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 2 tbsp tomato paste
- 4 cups vegetable broth
- 1/3 cup Israeli couscous



TUES

## ASIAN PEANUT NOODLES

- 4 red bell peppers
- 1/2 bunch cilantro
- 2 large handfuls spinach
- 1 tbsp minced ginger
- 3 garlic cloves
- 1/2 cup reduced sodium soy sauce
- 1/3 cup natural peanut butter
- 3 tbsp pure maple syrup
- 1 tbsp seasoned rice vinegar
- 1 tbsp toasted sesame oil (or olive oil)
- 1 lb spaghetti
- 1/2 cup peanuts, chopped



WED

## LENTIL SWEET POTATOES

- 4 small sweet potatoes
- 1/2 cup dry quinoa
- 1 can Amy's Kitchen Curried Lentil Soup

THUR

## SWEET POTATO QUINOA STEW

- 1/2 small yellow onion
- 1 large sweet potato
- 4 cups baby spinach
- 1 (14-ounce) can full-fat coconut milk
- 1 (15-ounce) can cannelloni beans
- 1/2 cup uncooked quinoa
- 1 quart low-sodium vegetable broth