

WEEKLY SHOPPING LIST

SUN

MISO SWEET POTATO BOWLS

- 2 medium sweet potatoes
- 1 lemon
- 1 onion
- 1 avocado
- 2 large bundles of dinosaur kale
- 8 ounces cremini mushrooms
- 1 and 1/2 cups uncooked farro
- 1 teaspoon ground turmeric
- 3 tablespoons white miso
- 2 tablespoons low sodium tamari
- 1 tablespoon rice wine vinegar
- 2 tablespoons pure maple syrup
- 1 teaspoon garlic powder
- 1/4 cup tahini

MON

THAI GREEN CURRY

- 1-inch knob ginger
- 1 medium crown broccoli
- 1 large carrot
- 1 red bell pepper
- 1 avocado
- 1 cup brown rice
- 1 (14-ounce) can full-fat coconut milk
- 4 tablespoons green curry paste
- 1(14-ounce) can chickpeas
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder

TUES

POLENTA PARMESAN

- 2 large handfuls baby spinach
- 2 teaspoons olive oil
- 1 tube polenta
- 1 (15 ounce) can white beans
- 2 1/2 cups tomato sauce, divided
- 1 cup shredded cheese, I used vegan cheese

WED

BLACK BEAN ENCHILADAS

- 5 oz baby spinach
- 8 oz frozen corn
- 2 tbsp tomato paste
- 1 tbsp all purpose flour
- 1 tbsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp dried shallots or onion powder
- 1/4 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1/4 tsp oregano
- 1 cup vegetable broth
- 1 (15 oz) can black beans
- 12 corn tortillas
- 8 oz pepper jack cheese

THUR

CRUNCHY THAI SALAD

- 2 heads of romaine lettuce
- 1/2 head cabbage
- 3 carrots
- 1 red bell pepper
- 1 clove garlic
- 1-inch knob of fresh ginger
- 1/4 cup sunflower seed butter (can sub peanut butter)
- 1 tbsp raw apple cider vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp tamari (certified GF if necessary)
- 3 tbsp raw honey or maple syrup
- 1/4 tsp crushed red pepper flakes
- 1/2 cup sunflower seeds (or cashews)