

# WEEKLY SHOPPING LIST

SUN

## GREEK CHICKPEA PASTA SALAD

- 1 small clove garlic
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 1/2 cups cherry tomatoes
- 1 1/2 cups diced cucumber
- 3/4 cup chopped kalamata olives
- 1/2 cup diced red onion
- 1 handful chopped fresh parsley
- 1/3 cup olive oil
- 1 tablespoon red wine vinegar
- 1 (8 ounce) box chickpea pasta
- 1 (15 ounce) can chickpeas
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon dried oregano
- 1 cup crumbled feta cheese



MON

## THE BEST SHAKSHUKA

- 1 medium onion
- 1 red bell pepper
- 2 cloves garlic
- 1 jalapeño
- Cilantro or parsley
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp paprika
- 1/2 tsp oregano
- 1-14oz can diced tomatoes
- 4 large eggs



TUES

## CHEESY BROCCOLI SOUP

- 1 small onion
- 3 garlic cloves
- 3 carrots
- 3lbs broccoli florets
- 1 lemon
- 1 medium russet or yukon gold potato
- 2 teaspoons oregano
- 1 tablespoon tomato paste
- 3 cups vegetable broth
- 4 tablespoons nutritional yeast
- 1 cup unsweetened plain non-dairy milk



WED

## SPICY PEANUT NOODLE BOWLS

- 2 Thai or jalapeno chiles
- 3 garlic cloves
- 2 tbsp torn fresh Thai basil
- lime wedges
- 1 cup shredded carrots
- 2 cups frozen edamame
- 4 cups shredded red cabbage
- 1 tbsp grated fresh ginger
- 1 1/2 tsp Thai red curry paste
- 1/3 cup creamy peanut butter
- 3 tbsp seasoned rice vinegar
- 2 tbsp soy sauce
- 1 tbsp sugar
- 2 tbsp seasoned rice vinegar
- 12 oz rice noodles
- 3 tbsp vegetable oil
- 1/3 cup dry-roasted peanuts

THUR

## BEEF BEAN BURGERS

- 1 large red beet
- 1 to 2 avocados
- 2 cups shredded carrot
- 1 small apple
- 1/3 cup dried cranberries
- 2 tablespoons sunflower seeds
- 1/3 cup walnuts
- 2 tablespoons orange juice
- 1 tablespoon pure maple syrup
- 2 1/2 cups cooked brown rice
- 1 (14-ounce) can black beans
- 2 teaspoons ground cumin
- burger buns for serving