

# WEEKLY SHOPPING LIST

SUN

## BLACKENED MUSHROOM TACOS

- 1lb shiitake, oyster or portobello mushrooms
- 1 large ripe avocado
- 3 limes
- 1/2 cup cilantro
- 1 bunch collard greens
- 1/2 small head red cabbage
- 1/2 small red onion
- 1 bunch radishes
- 2 teaspoons smoked paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne
- 8 corn tortillas
- rice and black beans, for serving

MON

## AVOCADO PESTO ZOODLES

- 4 medium zucchini squash
- 3 cups baby spinach
- 1 large ripe avocado
- 1 lemon
- 1 clove garlic
- 1 cup basil
- 1/2 cup sun-dried tomatoes
- 3/4 cup pine nuts

TUES

## SPRING FARRO BOWLS

- 1 bunch asparagus
- 2 zucchini
- 1 pint cherry tomatoes
- 3 cups loosely packed basil
- 2 cloves garlic
- 2 tbsp pine nuts
- 2 tbsp thai green curry paste
- 2 tbsp red wine vinegar
- 1/3 cup olive oil
- 1 1/2 cups farro
- 8 oz fresh mozzarella pearls

WED

## MEDITERRANEAN BOWLS

- 2 large sweet potatoes
- 16oz fresh or frozen green beans
- 3 cups arugula
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup tahini
- 1/2 tsp garlic powder
- 1-6oz jar marinated artichoke hearts
- 1-15oz can chickpeas

THUR

## CARROT GINGER SALAD

- 4 cups diced carrots
- 4 cups baby arugula
- 1/4 teaspoon freshly grated ginger
- 1 small clove garlic
- 1/4 cup orange juice
- 1/2 teaspoon orange zest
- 2 cups cooked chickpeas
- garlic powder, to taste
- cumin, to taste
- paprika, to taste
- 2 cups cooked quinoa, about 3/4 cup uncooked
- 3 tablespoons cashew butter
- 2 teaspoons tamari, or soy sauce (I like to use low sodium)
- 1 teaspoon maple syrup
- 1 teaspoon rice wine vinegar