

WEEKLY SHOPPING LIST

SUN

SHEET PAN MEXICAN DINNER

- 1 medium sweet potato
- 1 small zucchini
- ½ cup grape tomatoes
- 1 bell pepper
- ½ small onion
- ½ cup corn
- 1 jalapeño
- 3 garlic cloves
- 2 medium ripe avocados
- 3 tbsp lime juice
- 2 tsp chili powder
- 2 tsp cumin
- ½ tsp oregano
- ½ tsp smoked paprika
- ½ tsp garlic powder



MON

EASY BLACK BEAN BURGERS

- 2 jalapeños
- 3 garlic cloves
- ½ cup corn
- 2 (15-ounce) cans black beans
- 2 tablespoons tomato paste
- 1 tablespoon flour
- 2 teaspoons ground cumin
- 2 teaspoons oregano
- ½ cup panko breadcrumbs
- 6 whole grain buns for serving (plus desired toppings)



TUES

GRILLED VEG QUESADILLAS

- 2 avocados
- 2 bell peppers
- 2 zucchini squash
- ¼ red onion
- 1 cup raw cashews
- 2 chipotle chiles in adobo sauce
- 2 large flour tortillas



WED

ASIAN CHICKPEA SALAD

- 6 cups chopped salad greens
- 2 cups cooked chickpeas
- 1 cup chopped cucumber
- 1 cup chopped carrots
- 1 cup chopped red pepper
- 1 cup chopped sugar snap peas
- 1 cup chopped purple cabbage
- 1/3 cup thinly diced green onion
- 1/2 teaspoon freshly grated ginger
- 1 small clove garlic
- 1 orange
- 2 tablespoons cashew butter or peanut butter
- 2 teaspoons tamari or soy sauce
- 1 teaspoon pure maple syrup
- 1 teaspoon rice wine vinegar

THUR

BRAISED COCONUT LENTILS

- 1 bunch scallions
- 2 garlic cloves, minced
- 1 tbsp Madras curry powder
- 1 tbsp tomato paste
- 2 cups brown or green lentils
- 1 (28 oz) can crushed or diced tomatoes
- 1 cup unsweetened coconut flakes
- 1½ tbsp black or brown mustard seeds
- ¼ cup pistachios
- plain yogurt, for serving
- 3 tbsp unsalted butter