

WEEKLY SHOPPING LIST

SUN

SUMMER QUINOA SALAD

- 1/2 white onion
- 1 medium zucchini squash
- 1 medium yellow squash
- 2 cups green beans
- 4 cloves garlic
- 1 lemon
- 1 cup quinoa
- 1/2 cup walnuts

MON

VEGAN POKE BOWLS

- 1 cup pickled beets
- 8 ounces mushrooms
- 1 large cucumber
- 1/4 cup diced onion
- 1 large garlic clove
- 1 lemon
- 2 avocados
- 8 ounces seasoned tofu
- 4 cups cooked brown rice
- 6 ounces pickled ginger
- 4 tablespoons tamari
- 1/4 cup white vinegar
- 1/4 teaspoon oregano
- 1/4 teaspoon mustard powder

TUES

SOUTHWESTERN PESTO PASTA

- 1 dry pint cherry tomatoes
- 1 cup corn kernels
- 1/3 cup diced red onion
- 1 large avocado
- 2 cup packed baby spinach leaves
- 1 cup cilantro leaves
- 1 lime
- 1 clove garlic
- 1 (15 ounce) can chickpeas
- 1/2 teaspoon paprika
- 1 (8 oz) box spiral pasta
- 1/4 cup chopped walnuts
- 3 tablespoons nutritional yeast
- 1/4 cup olive oil

WED

CURRIED BUDDHA BOWL

- 2 heads broccoli
- 3 medium carrots
- 2 cups cooked brown rice or quinoa
- 1/4 cup natural creamy peanut butter
- 1/4 cup almond milk
- 1-1.5oz can chickpeas
- 1 tbsp reduced tamari
- 1 tbsp pure maple syrup
- 1 tsp minced ginger (optional)

THUR

SPICED CHERRY COUSCOUS

- 1 lb Rainier cherries
- 4 apricots
- 2 cups mint leaves
- 7 oz arugula
- 1 lemon
- 1 tbsp nigella seeds
- 1/4 cup extra virgin olive oil
- 1 1/2 tbsp ras el hangout
- 1 1/2 cups Israeli couscous
- 2 1/4 cups vegetable broth
- 4 tbsp raw honey
- 4 oz goat cheese