

# WEEKLY SHOPPING LIST

SUN

## RATATOUILLE PASTA SAUCE

- 1 yellow onion
- 3 cloves garlic
- 1 medium eggplant
- 1 pint cherry tomatoes
- 2 bell peppers
- 1 zucchini
- 2 tablespoons olive oil
- 1 tablespoon herbs de Provence



MON

## SWEET POTATO TOSTADAS

- 1 1/2 cups grated sweet potato
- 1 1/2 cups grated zucchini
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 6 tostada shells
- 1 1/2 cups refried beans
- 3/4 cup grated cheese



TUES

## PESTO QUINOA SALAD

- 1 small bunch asparagus
- 2 cups kale leaves
- 1 teaspoon lemon zest
- 1 avocado
- 1/3 cup pesto sauce
- 1/3 cup raw walnuts
- 1 cup quinoa
- 1/4 cup feta cheese



WED

## SPRING VEGETABLE CURRY

- 1 medium onion
- 3 cloves garlic
- 1 tbsp fresh ginger
- 1 bunch asparagus
- 1 red bell pepper
- 1 large sweet potato
- 1 large carrot
- 1/2 cup frozen peas
- fresh chopped basil or cilantro
- 1-15oz can chickpeas
- 1 tbsp tamari
- 3 tbsp curry powder
- sriracha
- 1 1/2 cups brown basmati rice
- 1/2 cup raw cashews
- 2 cups non-dairy milk

THUR

## SMOTHERED BURRITOS

- 6 cloves garlic
- 1 red onion
- 2 medium zucchini
- 3 tbsp tomato paste
- 1/2 tsp chipotle chili powder
- 2 cups pinto beans
- 2 cups salsa verde
- 10 8-inch flour tortillas
- 3/4 cup brown rice
- 1 1/4 cups vegetable broth
- 8 oz cheddar cheese