

# WEEKLY SHOPPING LIST

SUN

## TURMERIC BURRITO BOWL

- 4 tomatoes
- 1 red onion
- 1 jalapeno
- 2 lemons and 2 limes
- 1/2 cup cilantro
- 1 red bell pepper
- 1 bunch kale
- 1 cup corn kernels
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 cup cooked lentils
- 1 (15 ounce) can black beans
- 24 ounces cooked brown rice
- 3 teaspoons turmeric powder
- 1 and 1/2 cups raw cashews
- 3 tablespoons nutritional yeast



MON

## SPICY GARLIC EGGPLANT

- 1 tbsp minced fresh ginger
- 10 cloves garlic, minced
- 2 medium Japanese eggplants
- 1 lb string beans
- 1/4 cup soy sauce
- 2 tbsp balsamic vinegar
- 2 tbsp mirin
- 1 tbsp sugar
- 1 tsp red pepper flakes
- 1 tsp sesame oil



TUES

## SPINACH ARTICHOKE PASTA

- 1-12oz pkg frozen cauliflower florets
- 1-12oz pkg frozen flat-leaf spinach
- 1-15oz can artichoke hearts
- 1 tbsp lemon juice
- 1/4 cup nutritional yeast
- 1 tsp minced garlic
- 1 tsp Dijon mustard
- Smoked paprika + hot sauce (optional)
- 1/2 cup raw cashews
- 8oz whole-grain fusili or penne pasta



WED

## BALSAMIC PEPPER PASTA

- 1 pound mini sweet peppers
- 2 cloves garlic, minced
- 2 cups baby spinach leaves
- 2 tablespoons chopped basil
- 2 teaspoons olive oil
- 3 teaspoons balsamic vinegar
- 12 ounces pasta
- 1 1/2 cups grated parmesan cheese

THUR

## MANGO QUINOA SALAD

- 1 cup mango
- 1 cup shelled edamame
- 6 fresh basil leaves
- 2 stalks green onion
- 1/2 cup red bell pepper
- 1/4 cup raisins
- 1/3 cup almonds
- 1 cup quinoa