

WEEKLY SHOPPING LIST

SUN

EGGPLANT CURRY

- 1 large eggplant
- 1 medium cucumber
- zest and juice of 1 small lime
- 1/4 cup fresh mint
- 1 small onion
- 1 tablespoon minced garlic
- 2-inches fresh ginger
- 2 (15-ounce) cans crushed or diced tomatoes
- 1 (15-ounce) can chickpeas
- 16 ounces basmati rice
- 1 teaspoon mustard seeds
- 2 teaspoons cumin
- 1 teaspoon coriander
- 1/2 teaspoon curry
- 1/4 teaspoon cayenne
- 2 tablespoons unrefined coconut oil
- 12 ounces plain yogurt



MON

SWEET POTATO SALAD

- 1 medium sweet potato
- A few big handfuls baby spinach or green of choice
- Juice of 1 lemon
- 1/3 cup diced red onion
- 1/3 cup dried cranberries
- 1/4 cup chopped cashews
- 1/3 cup tahini
- 1 teaspoon tamari
- 1 teaspoon pure maple syrup
- 1/2 teaspoon curry powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1 cup dried quinoa
- 1 (15 ounce) can chickpeas



TUES

GOLDEN LENTIL SOUP

- 1 large onion
- 4 large cloves garlic
- 2 medium carrots
- 2 stalks celery
- 1 bunch kale or swiss chard
- 2 tsp ground cumin
- 1½ tsp dried thyme
- 1 tsp ground turmeric
- 1 (14-oz) can of diced tomatoes
- ¾ cup dry French green lentils
- 4 cups low-sodium vegetable broth
- ½ cup raw cashews
- 1 to 2 teaspoons white wine vinegar

WED

ZUCCHINI LENTIL BOWLS

- 2 medium zucchini
- 1 yellow onion
- 5 garlic cloves
- 2 cups diced cherry tomatoes
- 2 cups fresh basil leaves
- 2 tsp dijon mustard
- 1½ cups green lentils
- 4 tbsp red wine vinegar
- ½ cup organic extra virgin olive oil
- 8 oz fresh ricotta

THUR

RED CURRY NOODLE BOWLS

- 2 tsp fresh ginger
- 2 large carrots
- 2 medium zucchini squash
- 1/2 red bell pepper
- 1 yellow squash
- 2 Tbsp coconut aminos or liquid aminos
- 1 Tbsp pure maple syrup
- 1 (14-ounce) can full-fat coconut milk
- 2 Tbsp red curry paste