

WEEKLY SHOPPING LIST

SUN

ZUCCHINI TACO BOATS

- 3 garlic cloves
- 1 small onion
- 1 bell pepper
- 8 ounces mushrooms
- 6 ounces corn kernels
- 4 medium zucchini
- 2 tomatoes
- fresh cilantro for topping
- 3 tablespoons tomato paste
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 1/2 tablespoon smoked paprika
- 1 cup walnuts



MON

SUMMER VEGETABLE BOWLS

- 1 large zucchini
- 1 large summer squash
- 1 pint cherry tomatoes
- 1/2 medium red onion
- dried Italian seasoning
- 3/4 cups quinoa
- 2 cups chickpeas
- Fresh herbs for garnish
- Balsamic dressing



TUES

HEALTHY QUINOA STEW

- 1 onion
- 1 red bell pepper
- 5 garlic cloves
- 1 lb red potatoes
- 1 lb frozen peas
- 1/2 cup minced fresh cilantro
- 1 tbsp paprika
- 2 tsp ground coriander
- 1 1/2 tsp ground cumin
- 6 cups vegetable broth
- 1 cup white quinoa
- 14 oz can diced fire roasted tomatoes
- 8 oz monterey jack cheese



WED

SLOW COOKER POTATOES

- 4 medium sweet potatoes
- 1/2 cup canned black beans
- 1/2 cup corn
- 1 avocado
- 2 tbsp chopped cilantro
- 2 tbsp chopped scallions
- 1/3 cup canned tomato sauce
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 1/2 cup raw cashews
- 1/4 tsp smoked paprika
- 1/2 tsp lemon juice
- 1-2 tsp hot sauce

THUR

BLACK BEAN ENCHILADAS

- 10 ounces mushrooms
- 1 small red bell pepper
- 4 cloves garlic
- 1 yellow squash
- 1 zucchini squash
- 1 bunch green onion
- 1 (14-ounce) can black beans
- 8 to 10 flour tortillas
- 1 (12-ounce) can enchilada sauce
- 8 ounces grated cheese of choice