

WEEKLY SHOPPING LIST

SUN

SPAGHETTI SQUASH W/ KALE

- 2 medium-size spaghetti squash
- 2 shallots
- 16 ounces mushrooms
- 1 bunch kale
- 1 teaspoon fresh or dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons balsamic vinegar
- 1 tablespoon coconut aminos
- cashew alfredo, cashew parmesan and/or fresh parsley for serving



MON

GREEK SALAD BOWLS

- spring mix, romaine, spinach, etc
- cherry tomatoes
- bell pepper
- cucumber
- red onion
- kalamata olives
- cooked chickpeas
- hummus
- pita bread
- dried Italian seasoning



TUES

SWEET POTATO CHILI

- 1 onion
- 2 garlic cloves
- 2 bell peppers
- 3 medium sweet potatoes
- radishes, thinly sliced, to garnish
- 2 tsp chipotle chili powder
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp cocoa powder
- 15 oz can black beans
- 15 oz can pinto beans
- 14.5 oz canned diced fire-roasted tomatoes
- water or vegetable broth



WED

ENCHILADA STUFFED PEPPERS

- ½ medium sweet potato
- 1 avocado
- juice 1 lime
- 4 large bell peppers
- 2 cups frozen spinach
- ½ cup corn
- 1 heaping cup cooked quinoa
- 1-15oz can black beans
- ½ cup chunky salsa
- ½ tsp garlic powder
- ½ tsp cumin
- ¼ tsp cayenne
- ½ cup cashews
- 8oz red enchilada sauce
- ¼ cup unsweetened plain almond milk

THUR

VEGETABLE TERIYAKI BOWLS

- medium sweet potato
- 1 medium crown broccoli
- 1 yellow onion
- 1 red bell pepper
- 2 yellow squash
- ¼ cup teriyaki sauce
- 2 tsp dried basil
- 2 tsp dried cumin
- 2 to 3 cups cooked rice
- 1/3 cup cashews