

WEEKLY SHOPPING LIST

SUN

BUTTERNUT ENCHILADAS

- 2 cups cubed butternut squash (approx. 2lb)
- 1 small red onion
- 1 lemon
- 1 medium jalapeño
- 2-3 cloves garlic
- chopped fresh cilantro
- 6 ounces brussels sprouts
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper
- 1 (15-ounce) can black beans
- 24 ounces salsa/enchilada sauce
- 12 corn tortillas
- 1 cup raw cashews



MON

ORANGE TOFU BOWLS

- 6 cups broccoli
- 1 clove garlic, grated
- 1/2 teaspoon grated fresh ginger
- 1 (14 oz) package extra firm tofu
- 1 (15 oz) can chickpeas
- 2 teaspoons sesame oil
- 1/2 cup orange juice
- 3 tablespoons low sodium tamari
- 2 tablespoons toasted sesame oil
- 2 tablespoons pure maple syrup
- 2 teaspoons cornstarch
- 1 cup rice, or your favorite grain



TUES

BROCCOLI RICE BOWLS

- 1 medium beet
- 1 large crown broccoli
- 1/4 red onion
- 4 cloves garlic
- 1/2 head kale
- 1 cup short grain brown rice
- 1/3 cup pesto sauce



WED

SLOW COOKER CHILI

- 1 medium onion
- 2 cloves garlic
- 1 bell pepper
- 8 oz sliced mushrooms
- 1 cup corn kernels
- 3 chipotle peppers in adobo
- ½ cup walnut halves
- 2-15oz cans fire roasted tomatoes
- 3-15oz cans beans
- 1 cup vegetable broth
- 2 tsp oregano
- 1 tbsp cumin
- 1½ tbsp chili powder
- 1 tsp smoked paprika
- 1 tbsp lime juice

THUR

DELICATA SQUASH SALAD

- 2 lb delicata squash (about 2 large)
- 1 small red onion
- ½ cup fresh mint leaves
- juice of 1 lime
- ⅓ cup pomegranate seeds
- ½ cup crumbled feta cheese