

WEEKLY SHOPPING LIST

SUN

BUTTERNUT SQUASH LASAGNA

- 2 cups cubed butternut squash
- 2 lemons
- 2 garlic cloves
- 1 small onion
- 1 bunch kale
- 1/2 teaspoon garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 4 tablespoons nutritional yeast
- 28 ounces marinara
- 6 lasagna noodles
- 2 cups raw cashews
- 3/4 cup toasted pinenuts



MON

ENCHILADA BOWLS

- 1/2 yellow onion
- 2 bell peppers
- 1 medium sized sweet potato
- 1 cup corn kernels
- 1 (15 oz) can black beans
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 small can enchilada sauce
- 2 cups cooked rice or quinoa
- optional toppings: diced avocado, tomato, cilantro, salsa



TUES

VEGAN CORN CHOWDER

- 4 ears corn
- 2 large red potatoes
- 1 large yellow onion
- 5 cloves garlic
- 3 large carrots
- 3 stalks celery
- 1 large red bell pepper
- 2 tsp cajun seasoning
- 1/2 tsp paprika
- 1/4 tsp ground cumin
- 2/3 cup full-fat canned coconut milk
- 2 cups vegetable broth (or water)



WED

EASY VEGAN LASAGNA

- 1 medium zucchini
- 8oz pkg sliced mushrooms
- 12oz pkg frozen spinach
- 1 cup frozen peas
- 1/4 cup fresh basil
- 2-14oz pkg extra firm tofu
- 5-10 cups marinara sauce
- 10oz tub roasted garlic hummus
- 1/2 cup nutritional yeast
- 1 tsp garlic powder
- 12 whole grain lasagna noodles

THUR

BUTTERNUT RISOTTO

- 1/2 lb peeled butternut squash
- 1 meyer lemon
- 1 medium leek
- 1 garlic clove
- 2 rosemary branches
- 2 cups arborio rice
- 1/3 cup dry white wine
- 6 cups vegetable broth
- 1/4 cup chopped salted pistachios
- grated parmesan cheese, for serving

