

WEEKLY SHOPPING LIST

SUN

TEMPEH BUDDAH BOWLS

- 8 ounces organic tempeh
- 1 lb brussels sprouts
- 5 large carrots
- 3-4 yukon gold potatoes
- 2 tablespoons balsamic vinegar
- 2 tablespoons tamari
- 2 tablespoons Dijon Mustard
- 1 tablespoon high heat oil
- 1/2 tablespoon pure maple syrup
- 1 cup frekkeh or preferred grain



WED

ISRAELI POWER SALAD

- 1 large sweet potato
- 1 bunch chard
- 1/2 cup sliced green onions
- 2 cups thinly sliced red cabbage
- 3 mini seedless cucumbers
- 1/2 cup flat leaf parsley
- 1/3 cup fresh lemon juice
- 1-15oz can chickpeas
- 1/3 cup tahini
- heaping 1/2 cup walnuts
- 2 tbsp za'atar

MON

ENCHILADA CASSEROLE

- 6 cups cubed butternut squash
- 1 small green pepper
- 1 small red pepper
- 1/2 onion
- 3/4 teaspoons ground cumin
- 3/4 teaspoons paprika
- 3/4 teaspoons garlic powder
- 3 cups cooked black beans, or 2 (15 oz) cans
- 8 corn tortillas
- 2 cups enchilada sauce
- 1 1/2 cups grated cheese



THUR

PESTO SPAGHETTI SQUASH

- 2 medium spaghetti squash
- 2 crowns broccoli
- 2 cups fresh basil
- 1 cup raw pecans
- 1 Tbsp cider vinegar
- 1/2 cup avocado oil

TUES

CHARD RAGOUT LENTIL PASTA

- 4 cloves garlic
- 1 leek
- 2 large carrots
- 1 bunch swiss chard
- 2 cups vegetable broth
- 1 cup dried black lentils
- 1 bay leaf
- 6 tbsp extra virgin olive oil
- 1 lb gemelli pasta
- 4 oz goat cheese

