

# WEEKLY SHOPPING LIST

SUN

## THE BEST LENTIL SOUP

- 1 yellow onion
- 3 carrots
- 3 stalks celery
- 3 garlic cloves
- 1 lemon
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 cup lentils
- 15-ounces diced tomatoes
- 4 cups vegetable broth
- 2 bay leafs



WED

## VEGETARIAN CHILI

- 1 medium onion
- 4 cloves garlic
- 1 bell pepper
- 1 large carrot
- 1 large stalk celery
- 1 jalapeño
- 2 tbsp parsley
- 2 1/2 tbsp chili powder
- 1/2 tbsp cocoa powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp sugar
- 1/4 tsp cinnamon
- 1-28oz can diced tomatoes
- 1/4 cup tomato paste
- 1-15oz can pinto or black beans
- 1-15oz can red kidney beans

MON

## AVOCADO QUESADILLAS

- 2 large yellow onions
- 5 ounces baby spinach
- 2 large avocados
- 4 large flour tortillas
- 2 cups monterey jack cheese (or cheese of choice)



TUES

## BLACK EYED PEA STEW

- 1 lemon
- 1 bunch swiss chard
- 1 bunch of parsley
- 2 jalapeno peppers
- 4 garlic cloves
- 1 leek, thinly sliced
- pinch of red pepper flakes
- 1 3/4 cups cooked black-eyed peas
- 1 teaspoon vegetable stock powder (such as Better Than Bouillon)
- pinch of nutmeg
- 1 ounce walnuts
- 1 tablespoon maple syrup



THUR

## CHICKPEA FAJITA BOWLS

- 4 cups diced bell peppers
- 1/2 onion
- 2 cup baby spinach leaves
- 1 cup cilantro leaves
- 1 lime
- 1 clove garlic
- 1/4 cup chopped walnuts
- 3 tablespoons nutritional yeast
- 1/3 cup olive oil
- 2 (15 oz) cans chickpeas
- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 3/4 cup dry quinoa