

# WEEKLY SHOPPING LIST

SUN

## CHICKPEA FRITTATA

- 3 cups finely chopped lacinato kale
- 1/2 cup finely chopped carrots
- 1/2 cup chopped green onions
- 3 garlic cloves
- 2 cups garbanzo bean flour
- 12 ounces roasted red peppers
- 1 tablespoon dried oregano
- 1/3 cup extra virgin olive oil



WED

## ASIAN PASTA SALAD

- 3 garlic cloves
- 1 tbsp minced ginger
- 2 carrots
- 1 red bell pepper
- 1 yellow bell pepper
- 1 bunch lacinato kale
- 1 3/4 cups cooked chickpeas
- 1 cup sesame sticks
- 1 cup salted cashews
- 4 tbsp sesame oil
- 3 tbsp honey
- 3 tbsp soy sauce
- 3 tbsp white balsamic vinegar
- 1 lb pasta

MON

## SPRING VEGGIE BOWLS

- 1 bunch asparagus
- 1 red bell pepper
- 1 large sweet potato
- arugula, for serving
- 1/2 cup cilantro
- 1/4 cup green onions
- 1/4 cup lime juice
- 1 clove garlic
- 1 cup grain of choice
- 1 15oz can chickpeas
- 1/2 cup raw sunflower seeds
- splash of liquid smoke (optional)

THUR

## BUTTERNUT SQUASH CHILI

- 1 small yellow onion
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cloves garlic, minced
- 2 (15 oz) cans black beans
- 1 (15 oz) can petite diced tomatoes
- 2 tablespoons tomato paste
- 1 1/2 cups butternut squash puree
- 2-3 cups vegetable broth
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon ground cinnamon

TUES

## GUACAMOLE SWEET POTATOES

- 4 medium sweet potatoes
- 3 large ripe avocados
- 3 cloves garlic
- 1 bunch green onion
- 1/2 cup fresh cilantro
- 1/4 cup fresh lime juice
- 1 jalapeno
- 1/2 cup pistachios
- 2 (14-ounce) cans black beans
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sesame seeds