

WEEKLY SHOPPING LIST

SUN

ONE-POT MUNG BEAN STEW

- 1 onion
- 3 garlic cloves
- 2 carrots
- 2-inches fresh ginger
- 2 jalapeños
- 1 tablespoon coconut oil
- 1 teaspoon ground cumin
- 1 cup dried mung beans
- 1 cup vegetable broth
- 1 13.5oz canned coconut milk
- 1/4 cup chopped fresh cilantro
- juice of 1 lime or lemon



MON

VEGAN ENCHILADAS

- 3 leaves of kale
- 1 bell pepper
- 1 ½ tsp lemon juice
- ½ tsp garlic powder
- ½ tsp cumin
- ½ tsp smoked paprika
- 1/4 tsp cayenne
- 1 and 1/2 cup raw cashews
- 1–15oz can black beans
- ½ cup chunky salsa
- 12 corn tortillas
- 1–8oz package enchilada sauce



TUES

SWEET POTATO KALE SALAD

- 2 heads lacinato kale
- 1 large sweet potato
- 1 avocado
- 1/4 cup lemon juice
- 1/4 cup fresh parsley
- 1/4 cup fresh mint
- 1/3 cup walnuts
- 1/4 cup pumpkin seeds
- 1/3 cup avocado oil
- 2 tsp pure maple syrup
- 1/3 cup feta cheese crumbles
- 2 to 4 large eggs



WED

AVOCADO EGG TOAST

- 5 oz baby spinach
- 2 ripe avocados
- 1 (14.5 oz) can black beans
- 2 tsp smoked paprika
- 8 slices whole wheat bread
- maldon sea salt and red pepper flakes, to garnish
- 2 tbsp butter
- 8 large eggs

THUR

KALE SALAD WITH LENTILS

- 1 large sweet potato
- 1 large bunch of curly kale
- 1/2 diced red onion
- 1 cup dry brown lentils
- 1/2 cup chopped toasted walnuts
- 1/2 cup dried cranberries
- 1/3 cup olive oil
- 1 tablespoon pure maple syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard