

WEEKLY SHOPPING LIST

SUN

BLACKENED MUSHROOM TACOS

- 1lb shiitake mushrooms
- 1 bunch collard greens
- 1/2 small head red cabbage
- 1/2 cup radishes
- 1/2 small red onion
- 3 limes
- 1 large ripe avocado
- 1/2 cup cilantro
- 2 teaspoons smoked paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne
- 8 corn or flour tortillas
- rice and black beans, for serving



MON

AVOCADO PESTO NOODLES

- 2 medium sized zucchinis, spiralized
- 2 cups sliced cherry tomatoes
- 1 cup Avocado Pesto
- 4 ounces whole wheat spaghetti noodles



TUES

BAKED HUEVOS RANCHEROS

- 1/2 small onion
- 3 cloves garlic
- 1 head lacinato kale
- 1 large avocado
- 1 (14-ounce) can black beans
- 3 corn tortillas
- 2 cups salsa
- 4 large eggs
- 1 cup cheddar cheese



WED

WHITE BEAN MASON JARS

- 2 stalks celery
- 1 medium bell pepper
- 1/2 red onion
- 3/4 cup shredded carrots (optional)
- 1 cup grape or cherry tomatoes
- 5oz pkg arugula (or greens of choice)
- 1/2 cup fresh basil leaves
- 1/2 cup fresh parsley
- 1 garlic clove
- 1 tsp pure maple syrup
- 2 cans cannellini beans
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 3/4 cup dry wheat berries or spelt berries, cooked (sub quinoa for GF)

THUR

SPRING FARRO BOWLS

- 1 bunch asparagus
- 2 zucchini
- 3 cups loosely packed basil
- 2 cloves garlic
- 1 pint cherry tomatoes
- 1½ cups farro
- 2 tbsp pine nuts
- 2 tbsp thai green curry paste
- 2 tbsp red wine vinegar
- 1/3 cup extra virgin olive oil
- 8 oz fresh mozzarella pearls