

# WEEKLY SHOPPING LIST

SUN

## ONE-POT TOMATO QUINOA

- 1 small yellow onion
- 3 cloves garlic
- 1 lemon
- handful fresh basil
- 1 teaspoon dried oregano
- 1 cup uncooked quinoa
- 1 (15-ounce) can diced tomatoes
- 2 cups vegetable broth
- 1 cup raw cashews



WED

## SPRING GREEN PASTA

- 2 cups basil
- 6 mint leaves
- 1 tbsp lemon juice
- 1/2 large leek
- 1 bunch asparagus
- 1 cup peas
- 3 tbsp nutritional yeast
- 1/2 cup avocado oil
- 12 ounces gluten-free pasta noodles
- 1/4 cup raw pumpkin seeds
- 1 cup raw walnuts

MON

## PEPPER PANEER CURRY

- 2 medium onions
- 4 large cloves garlic
- 1-inch piece of ginger
- 1 green chili
- 4 red bell peppers
- 28 oz whole peeled tomatoes
- 1/4 tsp kashmiri chili powder
- 1/2 tsp turmeric powder
- 1.5 tsp cumin seeds
- 1 tbsp coriander seeds
- 3 tbsp canola oil
- 1 lb paneer



THUR

## BLACK BEAN TACOS

- 1 medium sized zucchini
- 1 medium sized yellow squash
- 1 red bell pepper
- 1 cup corn kernels
- 1 (15 oz) can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- Tortillas

TUES

## VEGAN STUFFED SHELLS

- 2–14oz pkg extra firm tofu
- 10oz tub roasted garlic hummus
- Handful of fresh spinach or basil
- 1/2 cup nutritional yeast
- 1 tsp garlic powder
- 1 12oz box jumbo shells
- 1–32oz jar marinara sauce

