

# WEEKLY SHOPPING LIST

SUN

## WHITE BEAN ZUCCHINI BURGERS

- 1/2 cup grated zucchini
- 2 cloves garlic
- 1/2 cup finely chopped red onion
- 2 teaspoons dried oregano
- 1/2 cup panko breadcrumbs
- 1 (15-ounce) can white beans
- 2 tablespoons chickpea flour



WED

## FORBIDDEN RICE BOWLS

- 4 radishes
- 1 large carrot
- 4 fingerling potatoes
- 1 cup strawberries
- 1 cup cherry tomatoes
- 2 cups microgreens
- 1/2 large avocado
- 1/4 cup sunflower seeds
- 1/4 cup tahini
- 1.5 Tbsp apricot preserves
- 1 cup dry forbidden (black) rice

THUR

## EASY COCONUT CURRY

- 1 (14 oz) package extra firm tofu
- 1 small red pepper
- 1 1/2 cups small broccoli florets
- 1 cup small diced carrot
- 1 clove garlic
- 1 can unsweetened coconut milk, I used full fat
- 2 teaspoons curry powder
- 1 1/2 teaspoons garam masala
- 1 cup basmati rice, or grain of choice
- 1 teaspoon coconut oil
- 1–2 teaspoons tamari

MON

## KALE BULGUR SALAD

- 5 oz baby kale
- 4 ears fresh corn kernels
- 1½ cup fresh cherries
- 1 cup oats
- 1 cup unsweetened coconut flakes
- ½ cup pistachios
- ¼ cup olive oil
- 2 tbsp maple syrup
- 2 tsp soy sauce
- 2 tbsp balsamic vinegar
- 1 tbsp whole grain mustard
- 2 cups cooked beans
- 1 cup bulgur
- 4 oz goat cheese

TUES

## HEALTHY PASTA SALAD

- 3/4 cup shredded carrots
- 1 red bell pepper
- 1 small to medium cucumber
- 1 large tomato
- 1/3 cup chopped green onions
- 1/2 tsp minced garlic
- 1/3 cup kalamata olives
- 2 1/2 tbsp extra virgin olive oil
- 3 tbsp red wine vinegar
- 3 tbsp chopped basil
- 1/2 tsp sugar
- 1/2 tsp oregano
- 8oz pasta shells of choice