

# WEEKLY SHOPPING LIST

SUN

## KALE PESTO PASTA

- 3 cups chopped lacinato kale (about 1 bunch)
- 1 lemon
- 1 pint cherry tomatoes
- 2-3 garlic cloves
- 1/2 cup raw pecans (or nut of choice)
- 3/4 cup extra-virgin olive oil
- 8 ounces whole grain spaghetti
- fresh basil and/or grated parmesan cheese for serving



WED

## THAI PEANUT NOODLE BOWLS

- 1 1/3 cup thinly sliced Napa cabbage
- 1 1/3 cup thinly sliced red bell pepper
- 1 1/3 cup shredded carrots
- 1 teaspoon fresh grated ginger
- 1 clove garlic, grated
- 1 tablespoon fresh lime juice
- 1 1/3 cup thinly sliced purple cabbage
- 1/2 cup creamy peanut butter
- 2 teaspoons tamari, or soy sauce
- 1 teaspoon pure maple syrup
- 1 teaspoon rice wine vinegar
- 1 (8 oz) box rice noodles
- Optional toppings: fresh lime juice, peanuts, cilantro, green onion

MON

## GOAT CHEESE FRITTATA

- 1/2 yellow onion
- 3 zucchini squash (2 cups)
- 1 cup cherry tomatoes
- 3 cloves garlic
- 8 large eggs
- 4 ounces goat cheese



THUR

## VEGAN MAC N' CHEESE

- 2 cups spinach (or greens of choice)
- 2 crowns broccoli
- 2 tbsp lemon juice
- 1 medium onion
- 1 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 tsp paprika
- Pinch of red pepper flakes
- 1/4 cup nutritional yeast
- 1 cup raw cashews
- 8 oz whole grain elbow pasta

TUES

## SOFT TACOS WITH PEPPERS

- 3 garlic cloves
- 1 large sweet potato
- 1 poblano pepper
- 1 large onion
- 2 ears corn kernels
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 2 cups cooked black beans
- 12 (6-inch) corn tortillas
- 6 oz cotija cheese

