

WEEKLY SHOPPING LIST

SUN

MEDITERRANEAN 'MEATBALLS'

- 3 garlic cloves
- 2 cups packed spinach
- juice of 1 lemon
- 1/4 cup sundried tomatoes (or pitted green olives)
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 1 (15-ounce) can chickpeas
- 1/2 cup rolled oats
- chopped romaine, vegan tzatziki, pita, and/or tomatoes for serving



MON

KALE PESTO PASTA SALAD

- 1 medium crown broccoli
- 1 cup kale pesto (see blog post or use store-bought)
- 1 bunch green onion
- 1/2 cup sun-dried tomatoes
- 1 (12-ounce) box gluten-free pasta



TUES

STONE FRUIT PANZANELLA

- 1 pint cherry tomatoes
- 2 medium zucchini
- 2 garlic cloves
- 1 peach
- 1 lb cherries
- 1 cup chopped basil
- 5 oz baby arugula
- 1 tbsp red wine vinegar
- balsamic syrup for drizzling
- 1/4 cup extra virgin olive oil
- 3 cups of 1/2-inch ciabatta bread cubes
- 4 oz goat cheese



WED

CHICKPEA BUDDHA BOWL

- 1 head cauliflower
- 1 large sweet potato
- 2 tsp fresh minced ginger
- 2 tbsp extra virgin olive oil
- 2 cups cooked brown rice or quinoa
- 1/2 cup raw almonds
- 1 tbsp apple cider vinegar
- 4 Medjool dates, pitted
- 1–15oz can chickpeas
- 1 tsp Dijon mustard
- 2 tsp curry powder
- 1/2 tsp turmeric

THUR

FAJITA TOSTADAS

- 1 red pepper
- 1 green pepper
- 1 yellow squash, or zucchini
- 1 teaspoon ground cumin
- 1 teaspoon granulated garlic
- 1 teaspoon paprika
- 8 tostada shells
- 1 cup refried beans
- Toppings: salsa, hot sauce, avocado, cilantro
- **Optional: shredded cheese**