

WEEKLY SHOPPING LIST

SUN

ULTIMATE GRILLED PORTOBELLO BURGER

- 2 large portobello mushroom caps
- 1 small eggplant,
- 1 roasted red bell pepper
- ¼ small red onion
- handful baby arugula
- 2 burger buns of choice
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- ¼ cup pesto sauce
- 2 slices havarti cheese



WED

ONE SKILLET MEXICAN QUINOA

- 1 small yellow onion
- 1/2 small red onion
- 2 bell peppers
- 3 garlic cloves
- 2 avocados
- 2 limes
- 1 lemon
- 1/4 cup chopped fresh cilantro
- 1 (15 ounce) BPA-free can black beans
- 3/4 cup uncooked quinoa
- 15 ounces tomato sauce (no salt added)
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano

MON

STONE FRUIT PANZANELLA

- 1 pint cherry tomatoes
- 2 medium zucchini
- 2 garlic cloves, minced
- 1 peach
- 1 lb cherries
- 1 cup chopped basil
- 5 oz baby arugula
- ¼ cup extra virgin olive oil, divided
- 1 tbsp red wine vinegar
- balsamic syrup, for drizzling
- 3 cups of ½-inch whole grain ciabatta bread cubes
- 4 oz goat cheese, crumbled



THUR

EASY VEGETABLE TERIYAKI STIR FRY

- 1 medium onion
- 3 cloves garlic
- 1 tbsp minced ginger
- 2 heaping cups shredded carrot
- 1 cup sliced bell pepper
- 1 large head broccoli
- 1 1/2 cups sugar snap peas
- 1 cup edamame
- sliced green onions for garnish
- 2 cups cooked brown rice or quinoa
- 3/4 cup roasted salted cashews
- 8oz can pineapple chunks in pineapple juice
- 1/4 cup reduced sodium soy sauce
- 2 tbsp pure maple syrup/honey/agave
- 1 tbsp seasoned rice vinegar
- 1 tbsp chia seeds
- 2 tsp sriracha

TUES

20-MINUTE CHERRY TOMATO PENNE PASTA

- ½ yellow onion
- 3 cloves garlic
- 1 pint cherry tomatoes
- 2 tablespoons chopped fresh Italian parsley
- 4 ounces dry whole grain penne pasta
- ½ teaspoon salt
- 1 pinch red pepper flakes
- ¾ teaspoon dried oregano

