

WEEKLY SHOPPING LIST

SUN

ROASTED SUMMER VEGETABLE BURRITO BOWLS

- 1 red onion
- 1 red bell pepper
- 1 zucchini squash
- 1 yellow squash
- 2 tablespoons fresh lime juice
- 1 clove garlic
- 4 large basil leaves
- 1 avocado
- 1-1/2 cups white or brown rice
- 1 (14-ounce) can garbanzo beans
- 1/4 cup plain whole milk yogurt



MON

KALE AND LEEK PESTO PASTA WITH TOFU

- 2 medium leeks
- 1 bunch curly kale
- 1 lemon
- 1 garlic clove
- 14 ounces extra firm tofu
- 1/4 cup walnuts
- 3 teaspoons nutritional yeast
- 1/2 teaspoon granulated garlic
- 6 tablespoons extra virgin olive oil
- 1 tablespoon low sodium tamari or soy sauce
- 12 ounces whole grain pasta



TUES

SUMMER VEGETABLE CORN CHOWDER

- 1/4 cup chives
- 1 onion, diced
- 1 1/2 lb yukon gold potatoes
- 1 red bell pepper, diced
- 3 ears corn
- 5 sprigs of thyme
- 4 cups vegetable broth
- 1 cup ricotta
- 2 tablespoons butter (or olive oil)



WED

CHICKPEA BROCCOLI BUDDHA BOWL

- 2 heads broccoli
- 3 medium carrots
- 1 tsp minced ginger (optional)
- 2 cups cooked brown rice or quinoa
- 1/4 cup natural creamy peanut butter
- 15oz can chickpeas
- 1/4 cup almond milk
- 1 tbsp + 1 tsp pure maple syrup
- pinch red pepper flakes (optional)
- 1 tbsp reduced sodium soy sauce (sub tamari for gluten-free)

THUR

ONE SKILLET MEXICAN RICE CASSEROLE

- 1 small red onion
- 1 red bell pepper
- 1 cup corn kernels, fresh or frozen
- fresh cilantro for garnish
- 2 green onions (optional)
- 1 avocado (optional)
- 1 (4 ounce) can diced green chilies, drained (or 1 jalapeno, diced)
- 15 ounce can black beans
- 12 ounces salsa or enchilada sauce
- 1 and 1/2 cups cooked brown rice
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 cup shredded Monterey Jack cheese (or vegan cheese)
- 1/4 cup shredded cheddar cheese (or vegan cheese)