

# WEEKLY SHOPPING LIST

SUN

## MEDITERRANEAN QUINOA STUFFED BELL PEPPERS

- 10 bell peppers
- 1 lemon
- 1/2 cup fresh dill
- 1/4 cup fresh parsley
- 1 yellow onion
- 4 garlic cloves
- 2 (10 ounce) bags baby spinach
- 1/2 cup uncooked lentils
- 1/2 cup uncooked quinoa
- 1 (14.5 ounce) can of fire-roasted tomatoes
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 6 ounces feta cheese



MON

## CHERRY TOMATO ZUCCHINI PESTO PIZZA

- 1 medium-size zucchini
- 1 pint cherry tomatoes
- 1/3 cup pesto sauce
- homemade or store-bought whole grain pizza dough
- 1/2 lb gouda cheese, shredded



TUES

## SUMMER BUDDHA BOWLS

- 1 lemon
- 1 clove garlic
- 1/4 cup chives
- 1/3 cup basil
- 4 sage leaves
- 1 pint blackberries
- 1 cup cherries
- 1 large peach
- 1 avocado
- 1/2 red onion
- 1/2 bunch green onion
- 1/3 cup shelled pistachios
- 1/3 cup tahini
- 1/4 cup rice vinegar
- 2 cups cooked brown rice
- 1(14-ounce) can black beans
- 1/3 cup queso fresco



WED

## BASIL BALSAMIC CHICKPEA KALE SALAD

- 1½ bunches kale
- 1/2 cup chopped basil
- 1/2 cup dried cranberries
- 1 cup diced red onion
- 1/2 cup almonds
- 1 avocado (optional)
- 2-15oz cans chickpeas
- 1/4 cup balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup

THUR

## 30-MINUTE SUMMER VEGETABLE TOSTADAS

- 1/2 cup chopped red onion
- 1 large clove garlic
- 1 medium zucchini
- 1 medium red pepper
- 1 cup corn kernels
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 8 tostadas (or corn tortillas)
- 1 (15 ounce) can re-fried beans
- 1½ cup shredded cheese