

WEEKLY SHOPPING LIST

SUN

MEXICAN ZUCCHINI BURRITO BOATS

- 4 large zucchini
- 1 red bell pepper
- 1/2 red onion
- 1/2 cup corn kernels
- 1 jalapeno (or poblano pepper)
- 1/2 cup fresh cilantro
- 15 ounce can black beans
- 1 cup cooked brown rice
- 1 cup salsa
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 cup shredded cheddar/monterey



WED

CORN JALAPENO AND BRIE FRITTATA

- 4 cloves garlic, minced
- 2 jalapenos, seeded and minced
- 2 ears of corn kernels
- 2 oz basil, chopped
- 6 large eggs
- 1 cup milk
- 8 oz brie

MON

HERBY AVOCADO EGG SALAD SANDWICHES

- 1-1/2 ripe avocados
- 1 large clove garlic minced
- 3 handfuls baby spinach
- 6 to 8 large basil leaves
- 3 sprigs thyme
- 1 tablespoon rosemary
- 6 leaves sage
- 3 tablespoons cider vinegar (or fresh lemon juice)
- 8 slices whole grain or gluten-free bread of choice
- 6 eggs, hard boiled



THUR

BALSAMIC SWEET PEPPER PASTA

- 1 pound mini sweet peppers
- 2 cloves garlic
- 2 cups baby spinach leaves
- 2 tablespoons chopped basil
- 2 teaspoons olive oil
- 3 teaspoons balsamic vinegar
- 12 oz whole grain pasta
- 1 1/2 cups grated Parmesan cheese

TUES

QUINOA FRIED RICE

- 2 large onions
- 2 1/2 cups thinly sliced carrots
- 2 red bell peppers
- 1 cup edamame (optional)
- 6 cloves garlic
- 1 tbsp minced ginger (optional)
- 1 bunch kale
- 3/4 cup roasted salted cashews
- 1/3 cup reduced sodium tamari
- 3 tbsp sriracha
- 2 cups quinoa

