

# WEEKLY SHOPPING LIST

SUN

## CREAMY EGGPLANT SOUP

- 1 medium-size eggplant
- 5 large tomatoes
- 1 yellow onion
- 3 garlic cloves
- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1 tablespoon fresh basil or 1 teaspoon dried
- 1/4 cup extra virgin olive oil
- 1/2 cup raw cashews
- 1 and 1/2 cup vegetable broth
- 1 tablespoon tamari or soy sauce



MON

## 30-MINUTE RED CURRY

- 1 small yellow onion
- 1 large carrot
- 1 Yukon gold potato
- 1 red bell pepper
- 1 2-inch piece ginger
- 3 cloves garlic
- 1 medium zucchini squash
- 1 medium yellow squash
- 3 tablespoons coconut oil
- 1 (14-ounce) can full-fat coconut milk
- 1/4 cup red curry paste
- Cooked brown rice for serving



TUES

## SWEET POTATO CHILI

- 1 onion
- 2 garlic cloves
- 1 orange bell pepper
- 1 yellow bell pepper
- radishes, thinly sliced, to garnish
- 3 medium sweet potatoes
- 2 tsp chipotle chili powder
- 2 tsp cumin
- 1 tsp cinnamon & cocoa powder
- 15 oz can black beans
- 15 oz can pinto beans
- 14.5 oz can diced fire tomatoes
- water or vegetable broth, to cover



WED

## ASIAN TOFU SANDWICHES

- 2 tablespoons sliced green onion
- 2 tablespoons chopped cilantro
- 1/2 cup thinly diced carrot
- 1/2 cup thinly sliced purple cabbage
- 1/2 cup thinly diced sugar snap peas
- 1/2 cup thinly diced red bell pepper
- 1 teaspoon chopped ginger
- 1 clove garlic, roughly chopped
- 14 ounces extra firm tofu, 1 container
- 1 1/2 teaspoons light yellow miso paste
- 3 tablespoons rice wine vinegar
- 1/3 cup plus 1 tablespoon veganise or mayonnaise
- 1 tablespoon liquid aminos or soy sauce
- Sriracha, to taste
- 4 tablespoons peanuts, unsalted
- 4 - 6 whole grain hamburger buns

THUR

## LENTIL VEGETABLE SOUP

- 2 small onions, diced
- 1 medium potato, cubed
- 2 stalks celery, diced
- 2 medium carrots, diced
- 2 cloves garlic, minced
- 2 cups spinach
- 1 1/2 tsp italian seasoning
- 2 bay leaves
- 1 cup chopped green beans
- 4 cups vegetable broth
- 2 tbs tomato paste
- 1-15oz caned diced tomatoes
- 1 cup lentils
- 1 tbsp balsamic vinegar