

WEEKLY SHOPPING LIST

SUN

HEALTHY QUINOA STEW

- 1 onion, chopped
- 1 red bell pepper
- 5 garlic cloves
- 1 lb red potatoes
- ½ cup minced fresh cilantro
- 1 lb frozen peas
- 6 cups vegetable broth
- 1 cup white quinoa
- 14 oz canned diced fire roasted tomatoes
- 1 tbsp paprika
- 2 tsp ground coriander
- 1½ tsp ground cumin
- 8 oz monterey jack cheese, grated

MON

INSIDE-OUT ENCHILADAS

- 1 medium sweet potato, spiralized
- 3 teaspoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon granulated garlic
- 1 (15 ounce) can black beans
- 1 (10 ounce) can enchilada sauce
- 12 corn tortillas
- 2-3 cups preferred shredded cheese

TUES

ASIAN PEANUT NOODLES

- 4 red bell peppers
- ½ bunch cilantro
- 2 large handfuls spinach
- 1 tbsp minced ginger
- 3 garlic cloves
- ½ cup peanuts
- ½ cup reduced sodium soy sauce
- ⅓ cup natural peanut butter
- 3 tbsp pure maple syrup
- 1 tbsp seasoned rice vinegar
- 1 tbsp toasted sesame oil
- 1 lb whole wheat spaghetti (sub brown rice spaghetti for gluten-free)

WED

GRILLED PORTOBELLO QUESADILLAS

- 1 red bell pepper
- 1 orange bell pepper
- 1 pasilla pepper
- 2 medium zucchini squash
- 2 patty pan squash
- 2 large portobello mushrooms
- 6 large whole grain tortillas
- 2 to 3 cups mozzarella cheese

THUR

5-ING. BLACK BEAN SOUP

- 2 (15-Ounce) cans black beans
- 16 ounces salsa
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 cup vegetable broth
- 1 teaspoon chipotle powder (optional)