

WEEKLY SHOPPING LIST

SUN

EGGPLANT INVOLTINI

- 2 large eggplants
- 2 cloves garlic
- 3 green onions
- 1 medium yellow onion
- 1 large red bell pepper
- 5 cloves garlic
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes
- 1 cup Harissa sauce
- 28-ounce can diced tomatoes
- 2 cups ricotta cheese (part-skim)
- Parmesan cheese, grated



MON

SPICY THAI NOODLES

- 6 cloves garlic
- 2 oz basil
- 1-2 bird's eye chilis (or more to taste)
- 1 onion
- 5 green bell peppers
- 8 oz firm tofu, cut into 1/2-inch cubes
- 14 oz wide rice noodles
- 6 tbsp soy sauce
- 3 tbsp dark sweet soy sauce
- 1 tbsp rice vinegar
- 3 tbsp safflower seed oil



TUES

CHIPOTLE TACOS

- 1 large sweet potato (1 and 1/2 lbs)
- 2 avocados
- 1 jalapeno
- 1 shallot
- 2 garlic cloves
- 1/2 cup cilantro
- 1 small head of red cabbage
- 4 limes and 1 lemon
- 2 tablespoons apple cider vinegar
- 1 (15 ounce) can black beans
- 1 teaspoon cumin
- 1 teaspoon ground chipotle powder
- 12 whole grain corn tortillas



WED

EASY VEGAN LASAGNA

- 1 medium zucchini, chopped
- 8oz pkg sliced mushrooms
- 1/4 cup fresh basil
- 1 cup frozen peas
- 12 oz pkg frozen spinach
- 2-14oz pkgs extra firm tofu
- 5 cups of marinara sauce
- 10oz tub roasted garlic hummus
- 1/2 cup nutritional yeast
- 1 tsp garlic powder
- 12 whole grain lasagna noodles

THUR

CREAMY TAHINI GREEK PASTA SALAD

- 1 small red pepper
- 1 1/2 cup cherry tomatoes
- 1 1/2 cup chopped cucumber
- 1/2 cup kalamata olives
- 1/2 cup thinly sliced red onion
- 2 tablespoons chopped dill
- juice of one lemon
- 2 cloves garlic, minced
- 12 ounces whole grain pasta
- 1 (15 ounce) can chickpeas
- 1/3 cup tahini
- red pepper flakes, to taste