

WEEKLY SHOPPING LIST

SUN

BAKED FAJITA TAQUITOS

- 1 red pepper
- 1 green pepper
- 1 small yellow onion
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon granulated garlic
- ¾ cup refried beans
- 10 corn tortillas

MON

ACORN SQUASH TACOS

- (1 lb) acorn squash
- 1 red onion
- 1 lime
- 2 garlic cloves
- ½ cup cilantro
- 4 tsp mayonnaise
- safflower seed oil, for frying
- 3 tsp smoked paprika
- 1 cup rice flour
- 8 corn tortillas
- 4 oz queso fresco

TUES

BROCCOLI BROWN RICE BOWLS

- 1 medium beet
- 1 large crown broccoli
- 1/4 red onion
- 4 cloves garlic, minced
- 1/2 head kale
- 1 cup short grain brown rice
- 1/3 cup store-bought or homemade pesto sauce

WED

CHILI SPAGHETTI SQUASH

- 2 medium-size spaghetti squash
- 1 large onion
- 1 bell pepper
- 1 teaspoon garlic salt
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon chipotle powder (or smoked paprika)
- 1 (15-ounce) can black beans
- 1 (15-ounce) can pinto beans
- 28-ounces diced fire roasted tomatoes
- 4 tablespoons tomato paste
- 1/2 cup vegetable broth
- suggested toppings: fresh cilantro, yogurt, avocado

THUR

LOADED SWEET POTATOES

- 4 medium sweet potatoes (about 7 ounces each)
- 1 avocado, chopped
- 2 tbsp chopped cilantro
- 2 tbsp chopped scallions
- ½ cup corn, fresh or frozen
- ½ cup raw cashews
- ½ cup canned black beans
- ⅓ cup canned tomato sauce
- ½ tsp cumin
- ¼ tsp cayenne pepper
- ½ tsp kosher salt
- ¼ tsp smoked paprika
- ½ tsp lemon juice
- 1-2 tsp hot sauce