

WEEKLY SHOPPING LIST

SUN

KALE CAESAR SALAD

- 1 bunch lacinato kale
- 1 lb brussels sprouts
- 1 lemon
- 4 cloves garlic
- ½ cup olive oil
- avocado or olive oil cooking spray
- 1 tbsp dijon mustard
- 2 tsp red wine vinegar
- 8 slices whole grain bread
- 4 hard-boiled eggs
- 6 tbsp grated parmesan cheese
- 3 tbsp 2% Greek yogurt



MON

SWEET POTATO SOUVLAKI

- 2 bunches lacinato kale
- 2 cups watercress (optional)
- 2 large sweet potatoes
- 1 large shallot
- 1 garlic clove
- 2 small lemons
- 1/2 cup chopped kalamata olives
- 1/2 cup chopped walnuts
- 2 tablespoons high heat oil (like avocado oil)
- 1 tablespoon za'atar seasoning
- 4 ounces Greek yogurt (or 1/4 cup tahini)
- 4 ounces crumbled feta (optional)



TUES

BLACK BEAN ENCHILADAS

- 2.5 ounces baby spinach
- 1/2 red bell pepper
- 1/2 medium onion
- 1 medium sweet potato
- 1/2 teaspoon chili powder
- 1 cup cooked black beans
- 4 flour tortillas
- 1 (10-ounce) can enchilada sauce
- 1 cup shredded jack cheese



WED

SPAGHETTI SQUASH MELTS

- 1 spaghetti squash
- 2 garlic cloves
- 1 tablespoon chopped fresh parsley
- 1 teaspoon olive oil
- ¾ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 pinch red pepper flakes
- 1 cup tomato sauce
- 8-10 slices of whole grain bread
- 1-2 cups shredded cheese

THUR

VEGAN BROCCOLI SOUP

- 16 oz broccoli (about 7 cups)
- 2 stalks celery
- 3 carrots
- 2 medium onions
- 3 cloves garlic, minced
- ¾ cup raw cashews
- 2 tsp extra virgin olive oil
- 1½ tsp salt (or to taste)
- freshly ground pepper