

# WEEKLY SHOPPING LIST

SUN

## TOMATO BASIL SPAG SQUASH

- 1 medium spaghetti squash
- ¼ cup basil leaves
- 2 tsp minced garlic
- ½ cup raw cashews
- 2 tsp extra virgin olive oil
- 1-15 oz can diced fire roasted tomatoes
- ½ tsp salt
- red pepper flakes, optional

MON

## CHICKPEA TIKI MASALA

- 1 medium onion
- 2 jalapeños
- 4-inches fresh ginger
- 4 garlic cloves
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon smoked paprika
- pinch cayenne (optional)
- 3 tablespoons tomato paste
- 2 (15-ounce) cans diced fire roasted tomatoes
- 1 cup vegetable broth
- 1 (15-ounce) can chickpeas
- 3/4 cup plain coconut milk
- brown basmati rice, plain yogurt, cilantro, warm naan for serving

TUES

## TEX MEX SWEET POTATOES

- 6 - 8 small sweet potatoes
- 2 cloves garlic, minced
- 1 large poblano pepper
- ½ small red onion
- ¼ cup chunky salsa
- 1 cup dry quinoa
- 1-15 ounce can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- tortilla chips, guacamole and cilantro leaves for topping

WED

## LENTIL BOLOGNESE

- 3 carrots, peeled and chopped
- 1 onion, peeled and chopped
- 1 red bell pepper
- 3 garlic cloves
- ½ tsp dried thyme leaves
- 1 tsp dried oregano
- 1 cup dried lentils
- ¼ cup olive oil
- salt and black pepper, to taste
- 2 tbsp tomato paste
- ½ cup red wine
- 28 oz whole peeled tomatoes
- 1 lb whole grain spaghetti
- ¼ cup parmesan cheese

THUR

## BEET BURGERS

- 1 medium red beet
- 2 large carrots
- 2 cups cooked brown rice
- 1 tablespoon fresh ginger
- 4 cloves garlic
- 2 teaspoons fresh parsley
- 2 teaspoons fresh basil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- Pinch allspice
- 1 teaspoon sea salt, or to taste
- ¼ cup coconut oil for cooking
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon dried oregano
- whole grain buns
- avocado for serving
- 4 ounces goat chèvre