

# WEEKLY SHOPPING LIST

SUN

## EASY VEGAN BLACK BEAN BURGERS

- 1½ cups cooked quinoa
- 1-15 ounce can black beans
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ cup + 1 tablespoon chunky salsa
- ¼ cup + 2 tablespoons breadcrumbs
- 6 whole grain hamburger buns



WED

## ROSEMARY POTATO LENTIL KALE SALAD

- 2 bunches kale (I like lacinato)
- 3 small to medium russet potatoes
- ¼ cup chopped rosemary
- 2 cups sliced mushrooms
- ½ cup chopped shallot
- ½ cup walnuts, chopped
- 1 cup cooked lentils (such as Trader Joes)
- ¼ cup champagne wine vinegar
- 2 tsp Dijon mustard

MON

## CAPRESE FRITTATA WITH ARUGULA

- 3 large cloves garlic
- 2 heaping handfuls arugula
- ½ cup fresh basil leaves
- 2 medium heirloom tomatoes
- ½ teaspoon Herbs de Provence or Italian Seasoning
- ¼ teaspoon red pepper flakes
- 2 mozzarella balls (about 4 ounces)
- 10 large eggs
- ⅓ cup half & half



THUR

## CHICKPEA FAJITAS

- 3 garlic cloves, minced
- 1 red or yellow onion
- 3 bell peppers
- 1 medium zucchini
- 2 tbsp fresh lime juice
- 3 cups cooked chickpeas
- ¾ cup dark beer or stout
- 2 tbsp soy sauce or tamari
- 1 tbsp hot sauce
- 8 (6-inch) flour tortillas
- pickled jalapenos for serving

TUES

## ONE POT ZUCCHINI PASTA

- 2 pounds zucchini (approx. 4-5 large zucchini)
- 1 pint cherry tomatoes
- 1/2 cup fresh basil
- 1 large red onion (or two small)
- 4 garlic cloves, minced
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon crushed red pepper (optional)
- shredded vegetarian parmesan for topping (optional)

