

# WEEKLY SHOPPING LIST

SUN

## SUMMER GNOCCHI

- 1 large clove garlic, minced
- 2 summer squash
- 2 zucchini
- 2 ears of corn
- ¼ cup basil
- 12 oz gnocchi, preferable whole grain
- 4 oz feta, crumbled

MON

## ONE POT STOVE TOP ENCHILADAS

- ½ yellow onion, small
- 1 small zucchini, small
- 1 small yellow squash, small
- 1 small red bell pepper, small
- 1 clove garlic, minced
- ¾ cup fresh corn kernels
- Cilantro leaves for topping, if desired
- 15 ounce can black beans
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- 8 corn tortillas
- 1½ cup enchilada sauce
- 1½ cup grated cheese

TUES

## CRISPY TOFU FINGERS

- 1 lb extra firm tofu
- ½ cup unsweetened almond milk
- ¼ cup almond meal
- ¼ cup whole grain breadcrumbs (sub gluten-free if necessary)
- ¼ cup cornmeal
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tsp smoked paprika
- ¾ tsp salt

WED

## VEGAN ZUCCHINI MEATBALLS

- 3 garlic cloves
- juice of 1/2 small lemon
- 1 large zucchini, shredded (approx. 1 cup)
- 1/2 cup rolled oats (GF, if necessary)
- 1 (15-ounce) can chickpeas
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 tablespoons nutritional yeast
- 32 ounces marinara
- 8 ounces whole grain pasta (GF, if necessary)

THUR

## PULLED JACKFRUIT SANDWICHES

- 3 cups cabbage
- 3 tablespoons lime juice
- 1 clove garlic
- 1 peach
- 1 avocado
- 2 (14-ounce) cans jackfruit
- 2/3 cup BBQ sauce of choice
- 4 whole grain buns or rolls