

# WEEKLY SHOPPING LIST

SUN

## PIZZA POLENTA BOWLS

- 1 small red pepper
- 1 small green pepper
- ½ yellow onion
- 2 cloves garlic, minced
- 1 (28 ounce) can whole San Marzano tomatoes
- 1 teaspoon herbs de Provence or dried oregano
- 1 large handful baby spinach leaves
- optional toppings: fresh parsley, black olives, any pizza toppings you desire!
- 1 cup corn grits



MON

## SUMMER ON TOAST

- 40 oz small heirloom tomatoes
- 2 oz basil, thinly sliced
- 4 sandwich size whole grain English muffins
- 1 lb ricotta cheese
- 8 large eggs

TUES

## ENCHILADA STUFFED PEPPERS

- 4 large bell peppers
- 1 cup grated sweet potato
- 1 avocado
- juice 1 lime
- ½ cup corn
- 2 cups frozen spinach
- ½ cup cashews
- 8oz red enchilada sauce
- 1 heaping cup cooked quinoa
- 15oz can black beans
- ½ cup chunky salsa
- ½ tsp garlic powder
- ½ tsp cumin
- ¼ tsp cayenne
- ¼ cup unsweetened plain almond milk

WED

## MEXICAN STREET CORN BUDDHA BOWLS

- 5 ounces mixed greens of choice
- 1-½ cups cabbage, thinly sliced
- 2 husks corn, grilled
- 1 cup cherry tomatoes, halved
- 1/3 cup red onion, finely chopped
- 1 jalapeno pepper, seeded chopped
- 1 clove garlic, minced
- 1/4 cup packed fresh basil leaves (or cilantro)
- 1 avocado, sliced
- 1/4 cup lime juice
- ¼ cup pistachios, chopped
- 1/2 cup olive oil or grapeseed oil
- 2 tablespoons rice vinegar
- 1-1/2 tablespoons agave
- 1-½ cups uncooked white rice
- 1/3 cup queso fresco, crumbled
- 4 hard boiled eggs

THUR

## KALE PESTO PASTA

- 3 cups chopped laminate kale
- 2 tablespoons lemon juice (about 1 small lemon)
- 1 pint cherry tomatoes
- 2-3 garlic cloves
- fresh basil for serving
- 1/2 cup raw pecans (or nut of choice)
- 1/2 cup extra-virgin olive oil
- 8 ounces whole grain spaghetti
- grated parmesan cheese for serving (optional)