

WEEKLY SHOPPING LIST

SUN

CURRIED RED LENTIL SOUP

- 1 large sweet potato
- 3 cups diced carrots
- ½ a yellow onion
- 2 cloves garlic
- cilantro leaves for garnish
- 1 cup red lentils
- 1 teaspoon ground ginger
- 2 teaspoons curry powder
- ¼ teaspoon ground numeric
- 1 teaspoon dried thyme
- coconut milk for topping, if desired



WED

BLACK BEAN KALE SALAD

- 1 medium butternut squash
- 1 large bunch lacinato kale
- 15-ounce can black beans
- 2 tbsp red wine vinegar
- 1 tbsp dijon mustard
- 1 tbsp honey
- 1 tbsp adobo sauce
- 2 garlic cloves, thinly sliced
- ½ cup goat cheese, crumbled

MON

GREEK HUMMUS PIZZA

- 10-ounces roasted garlic hummus
- handful baby spinach
- ¼ cup pitted kalamata olives
- 1 red bell pepper, roasted and sliced
- 2 tablespoons pine nuts
- 1 prepared gluten-free pizza dough



THUR

1 PAN SWEET POTATO BAKE

- 2 large sweet potatoes
- 2 red bell peppers
- 1 green bell pepper or poblano pepper
- 2 jalapeno peppers
- 1 cup corn kernels, fresh or frozen
- 15 ounce can black beans
- 3 tablespoons high heat oil (I used sunflower oil)
- 2 teaspoon ground cumin
- 2 teaspoon smoked paprika
- 1 teaspoon chili powder

TUES

AVOCADO BEAN BURGERS

- ½ medium avocado
- 2 tsp lemon juice
- ½ cup corn (I used thawed)
- ½ cup chopped cilantro
- ⅓ cup chopped onion
- 15-ounce can black beans
- ¾ cup oat flour
- 2 tbsp nutritional yeast (optional)
- 1 tbsp ground flax
- 1 tsp cumin
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper