

WEEKLY SHOPPING LIST

SUN

QUINOA BUDDHA BOWLS

- 2 cups green beans
- 1 medium sweet potato
- 1 large head cauliflower
- 2 tablespoons lemon juice
- 1 clove garlic
- 1-1/2 cups red quinoa, dry
- 1/2 cup macadamia nuts
- 1 (14-ounce) can chickpeas
- 1 teaspoon chili powder
- 1/4 teaspoon paprika
- 1 cup raw cashews
- 2 tablespoons nutritional yeast
- 1 teaspoon pure maple syrup



MON

TEMPEH CASSEROLE

- 1 medium red bell pepper
- 3/4 cup corn
- 1 small onion
- 1 bunch kale
- 8oz pkg tempeh
- 15oz can kidney or black beans
- 1/2 cup raw cashews
- 1 heaping cup chunky salsa
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/2 cup enchilada sauce



TUES

ACORN SQUASH SOUP

- 1 medium-size acorn squash
- 1 medium-size onion
- 2 large carrots
- 2 celery
- 2 apples (I used Granny Smith)
- 2 teaspoons garlic powder
- 1 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon curry powder
- 4 cups vegetable broth
- 1/2 cup coconut milk



WED

PUMPKIN TORTELLINI

- 5 oz baby kale
- 3 cloves garlic, minced
- 1/4 cup minced chives
- 1/4 cup toasted pistachios, chopped
- 3/4 cup pumpkin puree
- 2 cups vegetable broth
- 2 lb pumpkin tortellini
- 3 tbsp all purpose flour
- 1 cup light cream
- 3/4 cup grated parmigiano reggiano
- 2 tbsp butter

THUR

FAJITA VEGGIE BURGERS

- 1 small green pepper
- 1 small red pepper
- 1/2 medium sized yellow onion
- guacamole, if desired
- 1 1/2 cups cooked quinoa
- 15 ounce can black beans
- 1 and 1/2 teaspoon ground cumin
- 1 and 1/2 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 cup + 1 tablespoon chunky salsa
- 1/4 cup + 2 tablespoons breadcrumbs
- 4-6 hamburger buns, gluten free if necessary
- 4-6 slices of pepper jack cheese, if desired