

WEEKLY SHOPPING LIST

SUN

TURMERIC BURRITO BOWLS

- 4 tomatoes
- 1 jalapeno
- 1 lime and 2 lemons
- 1/2 cup fresh cilantro
- 1 red bell pepper
- 1 red onion
- 1 bunch Italian kale (or curly kale)
- 1 cup corn kernels
- 3 tablespoons nutritional yeast
- 1 and 1/2 cups raw cashews
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- pinch of cayenne/chipotle powder
- 2 teaspoons turmeric powder
- 1 cup cooked lentils (1/3 cup dry)
- 1 (15 ounce) can black beans
- 24 ounces cooked brown rice



MON

CAULIFLOWER CURRY

- 1 small yellow onion
- 1 red bell pepper
- 1 medium head cauliflower
- 1 cup full-fat canned coconut milk
- 3 to 4 tablespoons yellow curry paste (or curry powder)
- 1/4 cup rice vinegar
- Cooked rice for serving



TUES

CASHEW ALFREDO PASTA

- 2 cups broccoli florets
- 2 tablespoons chopped basil
- 1 tablespoon Italian parsley
- 1 1/2 cups raw unsalted cashews
- 1 cup + 3 tablespoons plain unsweetened almond milk
- 2 tablespoons nutritional yeast
- 3 teaspoons Herbs De Provence
- 1/4 teaspoon garlic powder
- 8 oz whole grain pasta



WED

CAULIFLOWER CACIO E PEPE

- 1 head of cauliflower
- salt, to taste
- 1 tbsp freshly ground black pepper
- 1 lb whole grain pasta
- 1 1/2 cups grated pecorino romano
- 1 cup grated parmigiano reggiano

THUR

HEARTY VEGAN STUFFING

- 1 delicata squash
- 4 sprigs fresh rosemary
- 6 large carrots, sliced
- 1 medium red onion
- 2 garlic cloves
- 8oz pkg tempeh
- 3 tbsp pure maple syrup
- 2 tbsp tahini
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- 2 tbsp reduced-sodium soy sauce (sub tamari for gluten-free)
- 1 tbsp extra virgin olive oil