

WEEKLY SHOPPING LIST

SUN

CHICKPEA TACO PIZZA

- taco toppings such as: lettuce, tomato, black olives, jalapenos, cilantro, etc.
- 1/2 cup cooked chickpeas
- 1/2 teaspoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 cup plus 2 tablespoons taco sauce
- 1 ball of pizza dough
- 1/2 cup grated cheddar cheese



WED

SPAGHETTI SQUASH BAKE

- 1 large spaghetti squash
- 8oz pkg baby bell mushrooms
- 3 cups spinach
- 1/3 cup parsley
- 1 medium red onion
- 2 cloves garlic
- 1/2 cup raw cashews
- 1-15oz can chickpeas
- 1 -15oz can quartered artichoke hearts in brine

MON

CAULI BUDDHA BOWLS

- 1 large sweet potato
- 1/2 head kale
- 1/2 avocado
- 1/4 red onion
- 1 large head cauliflower
- 4 cloves garlic
- 1 cup cooked black beans
- 1/4 cup full fat canned coconut milk
- 1/4 cup tahini
- 3 tablespoons nutritional yeast (optional)
- 1/4 teaspoon fresh or ground turmeric

THUR

PUMPKIN MACARONI

- 1 head of kale
- 2 large shallots
- 4 garlic cloves
- 15 ounces pumpkin purée
- 1 teaspoon vegetable bouillon
- 2 tablespoons extra virgin olive oil
- 1/2 cup unsweetened plain non-dairy milk
- 1/3 cup nutritional yeast
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage
- 1 teaspoon turmeric (optional)
- 1 pound macaroni of choice (preferably whole grain)

TUES

THAI TOFU SOUP

- 4 scallions
- 1 jalapeno
- 1 tsp minced ginger
- 1 medium butternut squash
- 1 eggplant
- 14 oz extra firm tofu
- 1 (15 oz) can coconut milk
- 4 cups vegetable broth
- 2 tsp soy sauce
- 2 tbsp olive oil
- 4 oz Thai red curry paste