

WEEKLY SHOPPING LIST

SUN

CREAMY WILD RICE SOUP

- 1 medium-size onion
- 3 carrots
- 2 celery
- 4 garlic cloves
- 8 ounces mushrooms
- 1/2 cup raw cashews
- 1/2 cup wild rice
- 2 tablespoons tamari (or soy sauce)
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 2 cups plain almond milk
- 2 tablespoons nutritional yeast
- 1 tablespoon arrowroot powder
- 1 and 1/2 cup vegan chicken broth (like Better Than Bouillon)



MON

STACKED ENCHILADAS

- 1 medium sweet potato
- 1 medium head cauliflower
- 1 medium onion
- 2 bell peppers
- 1 pasilla pepper
- 1/4 cup olive oil
- 12 corn tortillas
- 1 (16-ounce) jar salsa
- 1 cup grated mild cheddar cheese
- 1 cup grated Jack cheese



TUES

ROASTED VEGETABLE SALAD

- 1 sweet potato
- 1/2 medium butternut squash
- 1 lb brussels sprouts
- 2 cups Israeli couscous
- 1 tbsp white wine vinegar
- 3 tbsp sesame oil
- 2 tbsp honey
- 3 tbsp tahini
- 1 tbsp gochuchang or sriracha



WED

GREEK CHICKPEA SANDWICHES

- 1 small cucumber
- 1/3 cup chopped kalamata olives
- 3 tablespoons chopped red onion
- 1 1/2 tablespoons fresh dill
- 1/2 cup chopped artichoke hearts
- 1 clove garlic, minced
- 1/2 cup chopped red pepper or roasted red pepper
- juice of 1/2 a lemon
- 3 cups cooked chickpeas
- 7 tablespoons tahini
- Bread, gluten free if necessary
- Optional toppings: lettuce, tomato, sprouts, pickle

THUR

THAI QUINOA FRIED RICE

- 1 medium yellow onion, diced
- 2 tsp minced garlic
- 2 tsp minced ginger
- 2 cups broccoli slaw
- 1 1/2 cups sliced bell pepper
- 1 cup edamame
- 2 baby bok choy
- 2 cups dry quinoa
- 1/2 cup reduced sodium soy sauce (sub tamari for gluten-free)
- 3 tbsp creamy peanut butter
- 1 tbsp toasted sesame oil
- 3 tbsp pure maple syrup
- Juice of half a large lime
- 1 tsp sriracha
- pinch red pepper flakes
- optional topping: green onions, peanuts