

WEEKLY SHOPPING LIST

SUN

SUN DRIED TOMATO OMELET

- 8 ounces mushrooms, sliced
- 2 cloves garlic, minced
- ¼ cup sun-dried tomatoes
- 4 cups baby spinach
- 2 tablespoons hemp hearts, optional
- 1/4 teaspoon sea salt, to taste
- 2 tablespoons unsalted butter
- 4 to 6 eggs
- 3 tablespoons half & half (or milk), optional
- 1/3 cup feta cheese



MON

CASHEW RICOTTA SHELLS

- 16 ounces frozen spinach
- 3 garlic cloves, minced
- fresh parsley for topping
- juice of 2 lemons
- 2 cups raw cashews
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 21 pasta jumbo shells
- 1 (25 ounce) jar marinara sauce
- 1/4 cup whole wheat panko breadcrumbs



TUES

CURRIED BUTTERNUT CHILI

- 1 medium onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- ½ medium butternut squash, cubed (about 2 cups)
- 1 tbsp curry powder
- 1 tbsp chili powder
- 1 tsp garam masala
- 1 tsp turmeric
- 2 bay leaves
- 2-14.5oz can diced fire roasted tomatoes
- 1-15oz can red kidney beans
- 1-15oz can white kidney beans
- 2 tsp apple cider vinegar



WED

SMOKY BLACK BEAN SOUP

- ½ yellow onion, chopped
- 2 cloves garlic, minced
- 3 cups peeled and diced sweet potato, ¼ inch diced
- 3 cups cooked black beans, or 2 -15 oz cans drained
- 3 teaspoons cumin
- 1 teaspoon paprika
- ¼ - ½ teaspoons smoked paprika
- 3-4 cups vegetable stock

THUR

ARTICHOKE SRATA

- 1 large shallot, finely chopped
- 2 cloves garlic, minced
- 1 (10 oz) package frozen artichoke hearts, thawed
- 1 tablespoon olive oil
- ½ tsp dried herbs de provence
- ½ tsp freshly ground black pepper
- ¼ tsp salt
- ½ lb whole grain bread, cut into 1-inch cubes
- 1¾ cup milk
- 4 large eggs
- ¼ cup grated pecorino romano
- 4 oz goat cheese, crumbled