

# WEEKLY SHOPPING LIST

SUN

## MUSHROOM LENTIL LOAF

- 3 large carrots
- 1 large yellow onion
- 8 ounces mushrooms (like cremini)
- 4 garlic cloves
- 1 green bell pepper
- 1 cup dry brown lentils
- 3 cup vegetable broth
- 1 cup whole-wheat breadcrumbs (or gluten-free)
- 1 cup flour oat flour or brown rice flour
- 1/2 cup walnuts
- 1/2 cup sunflower seeds
- 4 tablespoons tomato paste
- 3 tablespoons vegan Worcestershire
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 1 tablespoon dried parsley
- 1 tablespoons ground chia or flax seed
- 1/3 cup ketchup
- 4 tablespoons balsamic vinegar
- 1 teaspoon maple syrup

MON

## APPLE TOFU SALAD

- Lettuce, your favorite kind
- Apples, whatever kind you like
- Red onion, small
- 14 ounces tofu, 1 package
- Pecans
- Dried cranberries
- 1 tablespoon liquid aminos, or soy sauce/tamari
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon olive oil
- Blue cheese, crumbled

TUES

## MOROCCAN CHICKPEAS

- 1 medium onion, chopped
- 3 cups cubed butternut squash
- 1 medium zucchini
- 3 cups cooked chickpeas
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 2 tbsp tomato paste
- 4 cups vegetable broth
- 1/3 cup Israeli couscous

WED

## MASALA VEGETABLE BOWLS

- 1 small butternut squash
- 1 large crown broccoli
- 3 cloves garlic
- 1 bunch green onion
- 1 small head lacinato (Tuscan) kale
- 1 cup raw cashews
- 2 tablespoons honey (maple syrup)
- 1/4 cup rice vinegar
- 1-1/2 cups black rice (uncooked)
- 1 tablespoon garam masala
- 1 tablespoon curry powder
- 1 teaspoon wasabi paste

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## MUSHROOM TOFU CHILI

- 1 medium onion
- 2 cloves garlic
- 8oz mushrooms, chopped
- 2 bell peppers, chopped
- 1 lb. extra firm tofu
- 2 1/2 tbsp chili powder
- 2 tsp cacao powder
- 2 tsp oregano
- 1 tsp cumin
- 2-15oz cans beans (such as red and white kidney beans)
- 2-15oz cans diced fire-roasted tomatoes