

WEEKLY SHOPPING LIST

SUN

BRUSSELS SPROUTS RISOTTO

- 2 small onions, finely chopped
- 2 large cloves garlic, minced
- 1 meyer lemon
- 18 oz brussels sprouts, trimmed and divided, 7 oz shredded and 11 oz quartered lengthwise
- 2 cups arborio rice
- 2 cups dry white wine
- 4 cups vegetable broth
- 1 cup sunflower oil
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1½ cups grated smoked Gouda

MON

GNOCCHI SKILLET

- ½ yellow onion, chopped
- 1 small red pepper, chopped
- 1 small green pepper, chopped
- ¾ cup corn kernels
- 1 (15 ounce) can black beans
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 (15 ounce) can enchilada sauce
- 16 ounces gnocchi

TUES

CRANBERRY KALE SALAD

- 2 heads lacinato (Tuscan) kale
- 1 cup cranberries, fresh or frozen
- 1/2 cup dried cranberries
- 1/2 cup pumpkin seeds
- 1/2 cup pecans
- 1/2 teaspoon ground cinnamon
- 3 tablespoons pure maple syrup
- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 2/3 cup feta cheese crumbles

WED

LEMONY LENTIL SOUP

- 2 shallots, diced (approx. 1 cup)
- 1 bunch leafy greens such as swiss chard, chopped
- 2 lemons
- 1 cup brown lentils, rinsed
- 1 tablespoon extra virgin olive oil
- 4 cups vegan chicken broth (I like Better Than Boullion's No Chicken Base)
- 1/4 teaspoon crushed red pepper (optional)

THUR

TEMPEH STUFFED SQUASH

- 3 acorn squash
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 cup sliced mushrooms
- 3 cups chopped kale
- 1 lemon
- 1-8 oz package tempeh
- 1 tbsp fennel seed
- ¾ tsp thyme
- ¾ tsp rosemary
- 1 tsp oregano
- ½ tsp red pepper flakes
- 1 tsp dried sage
- 3 tbsp reduced-sodium soy sauce (sub tamari for gluten-free)
- 1 tbsp nutritional yeast
- 2 tsp pure maple syrup
- ⅓ cup pecans, finely chopped
- 2 tbsp extra virgin olive oil