

WEEKLY SHOPPING LIST

SUN

PESTO BUDDHA BOWLS

- 1 medium red pepper
- 1 large yukon gold potato
- 2 cups sliced brussels sprouts
- 2 cups cauliflower florets
- 2 cup baby spinach leaves
- 1 cup cilantro leaves
- Juice of ½ a lemon
- 1 clove garlic
- ½ cup dried quinoa
- 1 (15 ounce) can white beans
- ¼ cup chopped walnuts
- 3 tablespoons nutritional yeast
- ¼ cup olive oil



MON

SWEET POTATO BURGERS

- 1 medium-sized sweet potato
- 1/2 cup fresh basil
- 2 cloves garlic
- 1-1/2 cups cooked brown rice (1/2 cup dry)
- 3 tablespoons oat flour
- 2 teaspoons chili powder
- 1 teaspoon ground cumin



TUES

VEGETARIAN COBB SALAD

- 1 medium onion
- 5 med-large carrots
- 1 small red cabbage
- 1 jalapeno
- 4 garlic cloves
- 1 lime and 1 lemon
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon chipotle powder
- 4 tablespoons tomato paste
- 1 cup uncooked brown lentils
- 2 cups vegetable broth
- 14 corn or whole grain tortillas
- 1 cup sunflower seeds
- 3 tablespoons apple cider vinegar



WED

WHITE BEAN SOUP

- 3 tbsp minced fresh rosemary
- 7 garlic cloves
- 1 onion
- 2 carrots
- ⅓ cup parsley
- 3 cups cooked white beans
- 6 cups vegetable broth
- ½ cup extra virgin olive oil
- 1 lb small pasta
- parmesan cheese, to garnish

THUR

CURRIED BUDDHA BOWLS

- 1 head cauliflower
- 1 large sweet potato
- 2 tsp fresh minced ginger
- 2 cups cooked brown rice or quinoa
- ½ cup raw almonds
- 1 (15oz) can chickpeas
- 1 tbsp apple cider vinegar
- 4 Medjool dates, pitted
- 1 tsp Dijon mustard
- 2 tsp curry powder
- ½ tsp turmeric
- 1 tsp salt