

# WEEKLY SHOPPING LIST

SUN

## CITRUS MISO TACOS

- ½ teaspoon fresh grated ginger
- 1 clove garlic, minced
- 1 large orange
- 1 lemon
- Additional taco toppings: avocado, guacamole, salsa, cole slaw
- 1 -14 oz block of firm tofu
- 1 tablespoon light yellow miso
- 1 dash of tamari
- 4-6 corn tortillas
- ½ cup chopped peanuts
- 1 pinch chili flakes

MON

## HEALTHY PASTA SALAD

- 3 tbsp chopped basil
- ½ tsp minced garlic
- ¾ cup shredded carrots
- 1 red bell pepper, chopped
- 1 small to medium cucumber
- 1 large tomato, chopped
- ⅓ cup chopped green onions
- ⅓ cup kalamata olives
- 2½ tbsp extra virgin olive oil
- 3 tbsp red wine vinegar
- ½ tsp sugar
- ½ tsp oregano
- 8oz pasta shells of choice (gluten-free if necessary)

TUES

## PEA PESTO LINGUINE

- 16 ounces frozen peas
- 1 lemon
- 1 ounce basil leaves
- 2 cloves garlic, minced
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 lb linguine
- 1 (14 oz) can quartered artichokes
- 2 cups ricotta

WED

## CHICKPEA BURGERS

- 3 cups baby spinach
- 4 garlic cloves
- 2 lemons
- lettuce/avocado for topping
- 2 (15 ounce) cans chickpeas
- ½ cup whole wheat or gluten-free panko breadcrumbs
- 8.5 ounces sundried tomatoes, marinated in oil (or dry)
- 2 tablespoons ground flax + 3 tablespoons water
- ¼ cup flour
- 1 tablespoon nutritional yeast (optional)

THUR

## MED ZUCCHINI PASTA

- 4 medium zucchini squash
- 1 cup cherry tomatoes
- 1 lemon
- 3 cloves garlic
- 2 tablespoons fresh parsley
- ⅔ cup artichoke hearts
- ½ cup pitted kalamata olives
- 3 tablespoons grapeseed or olive oil
- ½ cup feta cheese for serving