

WEEKLY SHOPPING LIST

SUN

KALE FARRO SALAD

- 3 garlic cloves, minced
- 1 lb asparagus
- 12 oz cherry tomatoes
- 1 bunch kale
- 1½ cups farro
- 1½ tbsp olive oil
- 1 tbsp honey
- 2 tbsp sherry vinegar
- 8 oz feta cheese, crumbled



MON

BLACK BEAN BURGERS

- 2 tbsp ground flaxseed
- 2-14.5oz cans black beans
- 1 cup Italian-style Panko breadcrumbs
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- ½ tsp smoked paprika
- 1 tbsp sriracha
- 1 tbsp vegan worcestershire sauce
- Whole grain buns and toppings of choice
- Oil/cooking spray, for cooking



TUES

BLACKENED TOFU TACOS

- 1/2 head red cabbage
- 1/2 head green cabbage
- 1/4 cup apple cider vinegar
- 3 avocados
- 1 cup cilantro leaves
- 2 garlic cloves
- juice of 3 limes
- 1 package extra firm tofu (approx. 14 ounces)
- 2 tablespoons smoked paprika
- 1 tablespoon dried thyme
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne
- 2 tablespoons arrowroot powder (or cornstarch)
- 10 tortillas



WED

SPRING PASTA SALAD

- 2 cups diced asparagus
- 2 cups sugar snap peas
- 2 cups watercress leaves
- 2 tablespoons fresh lemon juice
- 1 clove garlic
- A little less than 1/3 cup olive oil
- 1½ teaspoons Dijon mustard
- 1 teaspoon maple syrup, or honey
- 12 ounces of your favorite pasta

THUR

SPRING BUDDHA BOWLS

- 1 bunch asparagus
- 1 bunch radishes
- 1/2 pound fingerling potatoes
- 1 small head cauliflower
- 2 medium golden beets
- 2 ounces mixed greens of choice
- 2 tablespoons fresh chives
- 1 large avocado
- 1/3 cup sunflower seeds
- 2 cups uncooked brown rice
- 1/4 cup cider vinegar
- 1/4 cup lime juice
- 1 cup fresh herbs
- 1 clove garlic
- 1/3 cup olive oil
- 2 teaspoons pure maple syrup