

# WEEKLY SHOPPING LIST

SUN

## PORTOBELLO QUESADILLAS

- 1 red bell pepper
- 1 orange bell pepper
- 1 pasilla pepper
- 1 red onion
- 2 medium zucchini squash
- 2 patty pan squash
- 2 large portobello mushrooms
- 6 large flour tortillas
- 2 cups grated mozzarella cheese

MON

## KALE PESTO PASTA

- 3 cups chopped lacinato kale (about 1 bunch)
- 1 small lemon
- 1 pint cherry tomatoes
- fresh basil for serving
- 2-3 garlic cloves
- 1/2 cup extra-virgin olive oil
- 1/2 cup raw pecans (or nut of choice)
- 8 ounces whole grain spaghetti

TUES

## THAI ZUCCHINI SOUP

- 1 onion, thinly sliced
- 6 medium zucchini
- 1/2 lb frozen peas
- juice of 1 lime
- 2 tbsp Thai green curry paste
- 20 oz full fat coconut milk
- cooked brown rice for serving

WED

## MEDITERRANEAN PITAS

- 1 small head romaine lettuce
- 1 tomato
- 1 small cucumber
- 1 small red pepper
- 1/2 small red onion
- 3/4 cup chopped kalamata olives
- 2 tablespoons chopped fresh dill
- 1 (15 ounce) can chickpeas
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried Italian seasoning
- pita bread, for serving
- 3/4 cup feta crumbles

THUR

## SPRING VEGGIE BOWLS

- 1 bunch asparagus
- 1 red bell pepper
- 1 large sweet potato
- 1/2 cup cilantro, packed
- 1/4 cup green onions
- 1/4 cup lime juice (about 2 limes)
- 1 clove garlic
- 8 ounces arugula
- 1 15oz can chickpeas
- pinch garlic powder
- 1 cup grain of choice (I used spelt berries, can sub quinoa, rice, farro, etc.)
- 1/2 cup raw sunflower seeds (can sub cashew or pepitas)