

WEEKLY SHOPPING LIST

SUN

CRUNCHY THAI SALAD

- 2 heads of romaine lettuce
- ½ head cabbage. or 1 (12-ounce) bag
- 3 carrots
- 1 red bell pepper
- 1 clove garlic
- 1-inch knob of fresh ginger
- 2 tbsp lemon juice (1 small lemon)
- ¼ cup sunflower seed butter (or peanut butter)
- 1 tbsp raw apple cider vinegar
- 1 tbsp tamari
- 3 tbsp raw honey or maple syrup
- ¼ tsp crushed red pepper flakes
- ½ cup sunflower seeds

MON

ZUCCHINI FRITTATA

- 1 medium zucchini squash
- 4 cups baby arugula
- 1/3 cup fresh herbs of choice
- 12 eggs (or chickpea flour/tofu for vegan)
- 1/3 cup feta cheese crumbles

TUES

RED CURRY CHICKPEA BALLS

- 1/2 cup chopped carrots (about 2 carrots)
- 3 garlic cloves
- 1/2-inch fresh ginger
- 1/4 cup fresh basil (about 10 leaves)
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 (15-ounce) can chickpeas
- 1/2 cup rolled oats
- 2 tablespoons reduced-sodium tamarai
- 4 oz jar red curry paste
- 3 tablespoons tomato paste
- 1 cup coconut milk
- 1 teaspoons coconut sugar
- brown rice for serving (about 4 cups cooked)

WED

ONE-POT PASTA PRIMAVERA

- ¾ cup small broccoli florets
- ¾ cup small diced asparagus
- ¾ cup shredded carrots
- ¾ cup peas
- ¾ cup small diced red bell pepper
- 1 clove garlic
- Chopped parsley for garnish, if desired
- 4 cups uncooked pasta, your favorite kind
- 2 cups non-dairy plain unsweetened milk
- 2 cups grated parmesan (or raw cashews ground with nutritional yeast)

THUR

AVOCADO TOAST

- 5 oz baby spinach
- 2 avocados
- 1 (14.5 oz) can black beans
- 2 tsp smoked paprika
- 8 slices whole wheat bread
- 8 large eggs (or 8 oz tofu)