

WEEKLY SHOPPING LIST

SUN

GINGER ZUCCHINI NOODLES

- 2 large zucchinis
- green onion for garnish, if desired
- 1 clove garlic, grated finely
- ½ teaspoon fresh ginger, grated finely
- ½ cup orange juice
- 1 (15 oz) can chickpeas
- 1 cup rice, uncooked
- Sesame seeds for garnish, if desired
- 2 tablespoons tamari, or soy sauce
- 1 tablespoon toasted sesame oil
- 1½ teaspoons corn starch

MON

GREEN QUESADILLAS

- 1 large Vidalia onion
- 2 jalapenos
- 10 oz Earthbound Farm Kale Italia Blend (or similar mixed greens)
- 3 tbsp olive oil, divided
- 8 oz brie, cut into 1-inch cubes
- 6-8 8-inch whole grain or GF tortillas

TUES

ZUCCHINI 'MEATBALLS'

- 3 garlic cloves
- juice of 1/2 lemon
- 1 cup shredded zucchini (about 1 large zucchini)
- 1/2 cup rolled oats
- 1 (15-ounce) can chickpeas
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons nutritional yeast
- 32 ounces marinara
- 8 ounces whole grain or GF pasta

WED

TOMATO KALE BAKED EGGS

- 2 teaspoons fresh parsley
- 1/2 teaspoon fresh thyme
- 4 cups kale leaves (about 1 head)
- 1 cup cherry tomatoes
- 1/2 teaspoon red pepper flakes
- 8 eggs (or 15- ounce can chickpeas/black beans)
- 1/4 cup grated parmesan cheese

THUR

ASIAN PEANUT NOODLES

- 1 tbsp minced ginger
- 3 garlic cloves
- 4 red bell peppers
- ½ bunch cilantro
- 2 large handfuls spinach
- ½ cup reduced sodium soy sauce
- ⅓ cup natural peanut butter
- ½ cup roasted peanuts
- 3 tbsp pure maple syrup
- 1 tbsp seasoned rice vinegar
- 1 tbsp toasted sesame oil (or olive oil)
- 1 lb whole wheat spaghetti (sub brown rice spaghetti for gluten-free)