

WEEKLY SHOPPING LIST

SUN

TOFU LETTUCE WRAPS

- Butter lettuce or romaine lettuce, anything that will give you a good cup for serving (8 cups)
- 1/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup red grapes
- 1 (6 oz) package baked tofu
- 1/4 cup vegan mayo
- 1 (15 oz) can chickpeas
- 1/4 cup chopped cashews
- 1 teaspoon curry powder

MON

CORN SUMMER SALAD

- 1 pint cherry tomatoes
- 1/2 red onion
- 14 ounces chopped romaine
- 16 ounces baby spinach
- 1-2 avocados
- 2 lemons
- 1/4 cup fresh basil
- 8 ounces sweet corn, fresh or frozen and defrosted
- 1 (15 ounce) can garbanzo beans
- 1 teaspoon garlic powder
- 8 ounces plain dairy-free yogurt

TUES

BEET BLACK BEAN BURGERS

- 1 large red beet
- 2 cups shredded carrot
- 1 small apple
- 2 tablespoons orange juice
- 1 lemon juice
- 1/3 cup dried cranberries
- 2 tablespoons sunflower seeds
- 1/3 cup walnuts
- 1 teaspoon pure maple syrup
- 2-1/4 teaspoons cumin
- 1/4 teaspoon ground cinnamon
- 2-1/2 cups cooked brown rice
- 1 (14-ounce) can black beans

WED

VEGGIE TACO SALAD

- 3 limes
- 1 clove garlic
- 1/2 cup sliced scallions
- 5 oz spring mix lettuce
- 2 cups cherry tomatoes
- 2 ears of corn kernels
- 1/2 cup salsa verde
- 2 teaspoons chili powder
- 3 teaspoons ground cumin
- 1/2 teaspoon smoked paprika
- pinch of cayenne pepper
- 1/2 cup raw cashews
- 1 (15-ounce) can black beans
- 1 cup farro
- 1 cup crushed tortilla chips
- 8 oz pepperjack cheese

THUR

SUMMER LASAGNA ROLLS

- 1 medium zucchini
- 1 yellow summer squash
- 1/2 cup fresh chopped basil
- 12 oz frozen spinach
- 16oz extra firm tofu
- 3/4 cup hummus
- 1 tsp garlic powder
- 5 tbsp nutritional yeast
- 9 whole grain lasagna noodles
- 32 oz pasta sauce