

WEEKLY SHOPPING LIST

SUN

TACO STUFFED SWEET POTATOES

- 4-6 medium sweet potatoes
- 1 small head red cabbage
- 2 limes)
- 1 cup cilantro
- 2 medium ripe avocados
- 2 tsp garlic powder
- 2-15oz cans chickpeas
- ½ cup pecans (or walnuts)
- 2 tbsp chili powder
- 4 tsp cumin
- ½ tsp onion powder
- 1 tsp oregano
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 tsp pure maple syrup (can sub honey)
- sliced jalapeños, salsa, hot sauce

MON

CAULIFLOWER RICE

- 1/3 cup chopped white onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 large head of cauliflower
- 3 (15 ounce) cans red beans
- 2 teaspoons ground cumin
- 1 teaspoons paprika
- 1 teaspoons granulated garlic
- 1 teaspoons chili powder
- 1 teaspoons Italian seasoning

TUES

SKILLET RICE AND BEANS

- 1 red onion, minced
- 4 garlic cloves
- 20 oz baby heirloom tomatoes
- 5 scallions
- ¼ cup minced fresh cilantro
- 1 tbsp lime juice
- 2 ears corn
- 1 cup brown rice
- 1 tsp cumin
- pinch of cayenne pepper
- ¾ cups vegetable broth
- 2 (15 oz) cans black beans

WED

PESTO PASTA SALAD

- 1 medium crown broccoli
- 1 bunch green onion
- 1/2 bunch kale (4 cups)
- 2 cups basil
- 4 cloves garlic
- 1/2 cup sun-dried tomatoes
- 1/2 cup raw walnuts
- 1/2 cup pine nuts
- 3 tablespoons rice vinegar
- 2-ounces penne pasta
- 1 cup olive oil
- 1/2 cup parmesan cheese

THUR

EGGPLANT CURRY

- 1 large eggplant
- 1 lime
- 1 medium cucumber
- 1 small onion
- 3-4 cloves garlic
- 2-inches fresh ginger
- 1/4 cup finely chopped fresh mint
- 2 tablespoons coconut oil
- 1 teaspoon mustard seeds
- 2 teaspoons cumin
- 1 teaspoon coriander
- 1/2 teaspoon curry
- 1/4 teaspoon cayenne
- 2 (15-ounce) cans crushed tomatoes
- 1 (15-ounce) can chickpeas
- 16 ounces basmati rice
- 12 ounces plain non-dairy yogurt