

WEEKLY SHOPPING LIST

SUN

VEGAN CRAB CAKES

- 1 medium size shallot
- 2 garlic cloves
- mixed greens for serving
- 2 (10-ounce) jars artichoke hearts (in water)
- 1 (15-ounce) can chickpeas
- 1/2 cup non-dairy mayonnaise
- 1 teaspoon dijon mustard
- 1 lemon
- 3 teaspoons Old Bay Seasoning
- 1 tablespoon Sriracha
- 2 teaspoons dried dill
- 1 teaspoon pulse flakes (optional)
- 1 cup panic breadcrumbs

MON

SMOKY VEGGIE DOGS

- 1 (14-16 ounce) pkg extra firm tofu
- 1/2 cup tamari, I use low sodium
- 2 tablespoons pure maple syrup
- 2 teaspoons smoked paprika
- 1/4 teaspoon toasted sesame oil
- 1/4 teaspoon freshly grated garlic
- 1/4 teaspoon freshly grated ginger
- Hotdog buns

TUES

ZUCCHINI QUESADILLAS

- 2 medium zucchini
- 3 medium heirloom tomatoes
- 3 fresh basil leaves, thinly sliced
- 1 teaspoon apple cider vinegar
- 4 tablespoons extra virgin olive oil
- 8 burrito-sized flour tortillas
- 8 oz fresh mozzarella, thinly sliced

WED

GRILLED MUSHROOM SALAD

- 5 ounces Spring Green mix
- 2 romaine hearts
- 2 cups red cabbage
- 2 large portobello mushrooms
- 2 large bell peppers
- 1 pasilla pepper
- 1 cup black beans
- Salad dressing of choice
- 1/4 cup olive oil

THUR

MEXICAN SHEET PAN DINNER

- 1 medium sweet potato
- 1 small zucchini
- 1/2 cup grape tomatoes
- 1 bell pepper
- 1/2 small onion
- 1 lime
- 1 jalapeño, sliced
- 3 garlic cloves, minced
- 2 medium ripe avocados
- 1/2 cup corn (if using frozen, thaw first)
- 1-15oz can black beans
- 4 tbsp high heat oil
- 2 tsp chili powder
- 2 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp smoked paprika
- 1/2 tsp garlic power