

WEEKLY SHOPPING LIST

SUN

VEGAN CORN CHOWDER

- 4 ears corn
- 2 large red potatoes
- 1 large white onion
- 5 cloves garlic
- 3 large carrots
- 3 stalks celery
- 1 large red bell pepper
- 3 tbl coconut oil or olive oil
- 2 tsp Cajun seasoning
- 1/2 tsp paprika
- 1/4 tsp ground cumin
- 2/3 cup full-fat canned coconut milk

MON

BUTTERNUT KALE SALAD

- 1 medium butternut squash
- 1 large bunch lacinato kale
- 2 garlic cloves
- 3 tbsp olive oil, divided
- 2 tbsp red wine vinegar
- 1 tbsp dijon mustard
- 1 tbsp honey
- 1 tbsp adobo sauce
- 2 cups cooked black beans
- 1/2 cup goat cheese

TUES

BROCCOLI LEMON PASTA

- 4 cups broccoli florets (1 large bunch)
- 3 cloves garlic
- 1-2 lemons, depending on preference
- 1 (15-ounce) can garbanzo beans
- 1/4 cup extra virgin olive oil
- 8 ounces pasta of your choice (I used whole grain elbows)
- 1/2 cup vegan parmesan for topping (can also make your own with raw cashews, nutritional yeast & garlic powder)

WED

GUACAMOLE PITA PIZZAS

- 2 large avocados
- Juice of 1 lime
- 1 clove garlic
- 1 teaspoon nutritional yeast
- 1/2 teaspoon ground cumin
- 4 large pitas
- black beans, corn, tomatoes, cilantro, jalapeño for topping

THUR

LOADED LENTIL SALAD

- 3 medium sweet potatoes
- 2 red onions
- 16oz brussels sprouts
- 2 tsp Herbs de Provence
- 2 tsp pure maple syrup or honey
- 1/4 cup extra virgin olive oil
- 1 cup French lentils
- 1/4 cup balsamic vinegar
- 1/3 cup pepitas