

WEEKLY SHOPPING LIST

SUN

ENCHILADA BAKE

- 4 cups cubed sweet potato, about 2 lg
- 2 bell peppers (1 red and 1 green)
- 1 zucchini
- 1/2 red onion, diced
- 1 cup corn kernels
- 2 1/2 cups enchilada sauce
- 1/2 cup dry quinoa
- 1 (15 oz) can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 cup grated cheese (I used vegan)

MON

ONE-POT RED LENTIL STEW

- 1 medium sweet potato
- 1 small onion
- 3 garlic cloves
- 1 jalapeño (optional)
- 1 bell pepper
- 1 cup frozen peas
- 2 teaspoons chili powder
- 1 teaspoon curry
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne (optional)
- 1 cup dry red lentils
- 1 (14.5) ounce can diced tomatoes
- 3 tablespoons tomato paste
- 2 cups vegetable broth
- 1 cup coconut milk (preferably full fat)

TUES

LENTIL BOWLS

- 2 medium zucchini, diced
- 1 yellow onion
- 5 garlic cloves
- 2 cups diced cherry tomatoes
- 2 cups fresh basil leaves
- 2 tsp dijon mustard
- 1 1/2 cups green lentils
- 2 tbs Organic Red Wine Vinegar
- 1/2 cup Organic Extra Virgin Olive Oil
- 8 oz fresh ricotta

WED

SOUTHWESTERN BOWLS

- 1 red bell pepper
- 1/2 medium onion
- 1 package Dr. Praeger's Potato Puffs
- salsa, cilantro, sliced jalapeño, and tortilla chips for topping (optional)
- 1/4 cup mayo (I used a vegan mayo)
- 1 tsp sriracha
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1-15oz can black beans
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp garlic powder
- 2 eggs

THUR

FORBIDDEN RICE BOWLS

- 1 bunch rainbow carrots
- 1 cup fresh basil
- 1 large zucchini squash
- 1 large patty pan squash
- 1 large sweet potato
- 1.5 cups heirloom cherry tomatoes
- 2 ounces micro greens
- 1.5 cups uncooked forbidden (black or purple) rice, or rice of choice
- 2/3 cup walnuts
- 3 tablespoons nutritional yeast
- 2 tablespoons cider vinegar
- 2/3 cup olive oil
- 4 to 8 eggs