

# WEEKLY SHOPPING LIST

SUN

## SPAGHETTI SQUASH W/ PESTO

- 2 to 3 spaghetti squash
- 1 large crown broccoli
- 2 cloves garlic
- 2/3 cup raw pumpkin seeds
- 2/3 cup olive oil
- 1/2 cup parmesan cheese

MON

## CURRIED BUDDHA BOWLS

- 1 head cauliflower
- 1 large sweet potato
- 2 tsp fresh minced ginger
- 1-15oz can chickpeas
- 2 tbsp extra virgin olive oil
- 2 cups cooked brown rice or quinoa
- 1/2 cup raw almonds
- 1 tbsp apple cider vinegar
- 4 Medjool dates
- 1 tsp Dijon mustard
- 2 tsp curry powder
- 1/2 tsp turmeric

TUES

## THAI RED CURRY

- 1 head cauliflower
- 1 delicata squash
- 1 lime
- 2 garlic cloves
- 1 tsp grated fresh ginger
- 1/4 cup fresh basil leaves
- 1 (13.5 oz) can coconut milk
- 3 tbsp soy sauce
- 2 tbsp packed light brown sugar
- 2 tsp Thai red curry paste
- pinch of red pepper flakes
- 2 tbsp plus 1 tsp vegetable oil

WED

## ROSEMARY POTATO BOWLS

- 2 pounds fingerling potatoes
- 16 ounces cremini mushrooms
- 1 bunch mustard greens or kale
- 1 tablespoon finely chopped fresh rosemary (about 2 large sprigs)
- 4 tablespoons balsamic vinegar
- 2 tablespoons high heat oil
- 3 tablespoons reduced-sodium tamari (or coconut aminos for soy-free option)
- 1 (15-ounce) can white beans
- 2 tablespoons tahini (optional)

THUR

## CRISPY BAKED TACOS

- 1/2 small onion
- 1 (14 ounce) bag cauliflower florets
- 2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt, or more to taste
- 1/4 teaspoon black pepper
- 1/3 cup chopped walnuts
- 10 Hard shell tacos
- 2 1/2 cups refried beans
- 1 1/4 cup grated cheese