

WEEKLY SHOPPING LIST

SUN

JACKFRUIT TACOS

- 1/2 small onion
- 1 (20 oz) can jackfruit, drained
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/2 cup chunky salsa
- 1 (15 oz) can pinto beans
- 3 tablespoons Nutritional Yeast
- 12 corn tortillas

MON

MISO BUTTERNUT SOUP

- 2 lb butternut squash
- 3 shallots or 1 small onion
- 4 carrots
- 3 celery stalks
- 2-inches fresh ginger
- 3 garlic cloves
- 1 teaspoon turmeric
- 1 teaspoon chili powder
- 2 tablespoons chickpea miso
- 3 cups vegetable broth

TUES

HARVEST SALAD

- 1 sweet potato
- 1/2 medium butternut squash
- 1 lb brussels sprouts
- 2 cups Israeli couscous
- 1 tbsp white wine vinegar
- 3 tbsp sesame oil, divided
- 2 tbsp honey
- 3 tbsp tahini
- 1 tbsp gochuchang or sriracha

WED

THAI LENTIL LOAF

- 1/2 yellow onion
- 2 ribs celery
- 1 large carrot
- 2 ounces baby spinach
- 1 cup mushrooms
- 5 cloves garlic
- 1 tablespoon ginger
- 1-1/2 cups cooked brown rice
- 1-1/2 cups cooked green lentils
- 1/4 cup tomato sauce
- 2 tablespoons balsamic vinegar
- 1/2 cup gluten-free all purpose flour
- 1/4 cup nutritional yeast
- 1/2 cup raw pecans chopped
- 1/3 cup dried cranberries
- 3 tablespoons ground flax seed
- 2 tablespoons olive oil
- 1/2 teaspoon oregano
- 1/2 teaspoon dried thyme
- 2 teaspoons yellow curry powder
- 1/4 teaspoon ground cayenne pepper
- 2 teaspoons sea salt

THUR

VEGAN MEATBALL SUBS

- 8 oz sliced mushrooms
- 3 large cloves garlic
- 1/2 medium onion
- 1-15oz can pinto beans
- 1 tbsp ground flaxseed
- 1/2 cup chopped walnuts
- 1 tbsp Italian seasoning
- 2 tbsp nutritional yeast
- 3/4 cup Italian-style breadcrumbs
- 1 1/2 cups marinara sauce (plus more if desired)
- 1 pkg Udi's gluten-free hot dog buns (6 buns)