

# WEEKLY SHOPPING LIST

SUN

## CHICKPEA FRITTATA

- 1 bunch dinosaur kale
- 2 large carrots
- 1 bunch green onions
- 4 garlic cloves
- 2 cups garbanzo bean flour
- 1/4 cup extra virgin olive oil
- 12 ounces roasted red peppers
- 1 tablespoon dried oregano

MON

## AVOCADO BEAN BURGERS

- 1/2 medium avocado
- 2 tsp lemon juice
- 1/2 cup corn (I used thawed from frozen)
- 1/2 cup chopped cilantro
- 1/3 cup chopped onion
- 3/4 cup oat flour
- 1 tbsp ground flax  
1-15oz can black beans
- 2 tbsp nutritional yeast (optional)
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper

TUES

## TORTELLINI SOUP

- 2 zucchini
- 2 red bell peppers
- 45 oz marinara Sauce
- 4 cups vegetable broth
- 1/2 cup heavy cream
- 20 oz Cheese Tortellini

WED

## MEDITERRANEAN LENTIL SALAD

- 1 cup julienned lacinato kale
- 3/4 cup diced roasted red peppers
- 3/4 cup diced sun-dried tomatoes
- 3/4 cup diced cucumber
- 3/4 cup diced kalamata olives
- 1/3 cup diced red onion
- 2 tablespoons fresh parsley
- Lemon juice and zest, optional
- 2 cups French lentils, or brown
- 1 tablespoon red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/2 teaspoon dried oregano
- 4 ounces crumbled feta cheese

THUR

## SWEET POTATO NACHOS

- 1/2 red onion
- 1 large sweet potato
- 1/2 avocado
- 3 green onions
- 1/4 cup cilantro
- 1/4 cup salsa
- 4 heaping handfuls corn chips
- 1 cup black beans
- 1-1/2 cups shredded cheese
- 1/3 cup queso fresco (cotija cheese)
- 3 large eggs