

WEEKLY SHOPPING LIST

SUN

VEGETARIAN CHILI

- 1 medium onion
- 4 cloves garlic
- 1 bell pepper
- 1 large carrot
- 1 large stalk celery
- 1 jalapeño
- 2½ tbsp chili powder
- ½ tbsp cocoa powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano
- ¼ tsp cinnamon
- 1-28oz can diced tomatoes
- ¼ cup tomato paste
- 1-15oz can pinto or black beans
- 1-15oz can red kidney beans



MON

EASY CABBAGE SOUP

- 1 yellow onion
- 3 carrots
- 4 garlic cloves
- 1 teaspoon coriander
- 1/2 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 medium head green cabbage
- 1 (14.5 ounce) can fire roasted tomatoes
- 8 ounces tomato sauce
- 5 cups vegetable broth
- 1 (15 ounce) can white beans



TUES

KALE CAESAR SALAD

- 1 large sweet potato
- 1 lemon
- 5-6 cloves garlic
- 1/2 small red onion
- 1 medium avocado
- 1 large bunch curly kale
- 1 (15 ounce) can chickpeas
- 1/2 cup tahini
- 1/3 cup dried cranberries
- 4 cups diced bread



WED

BUTTERNUT RISOTTO

- ½ lb peeled butternut squash
- 1 medium leek, thinly sliced
- 1 garlic clove
- 1 meyer lemon
- 2 rosemary branches
- 2 cups arborio rice
- ⅓ cup dry white wine
- ¼ cup chopped salted pistachios
- 6 cups vegetable broth
- 3 tbsp unsalted butter
- grated parmesan cheese, for serving

THUR

CAULIFLOWER BUDDHA BOWLS

- 1 large sweet potato
- 1/2 head kale
- 1/2 avocado
- 1/4 red onion
- 1 lemon
- 1 large head cauliflower
- 4 cloves garlic
- 1 cup black beans
- 1/4 cup full-fat coconut milk
- 1/4 cup tahini
- 3 tablespoons nutritional yeast, optional
- 1/4 teaspoon turmeric
- 1 tablespoon pure maple syrup