

WEEKLY SHOPPING LIST

SUN

CAULIFLOWER CHILAQUILES

- 1 medium-size head cauliflower
- 1 poblano pepper (or 2 jalapeños)
- 1/2 red onion
- 1 (15-ounce) can black beans
- 1 1/2 teaspoon cumin
- 1 1/2 teaspoon chili powder
- 1 1/2 teaspoon smoked paprika
- 16 ounces salsa or enchilada sauce
- 8 corn tortillas, sliced into triangles
- avocado, cilantro and vegan cheese for serving



MON

ROASTED CHICKPEA BOWLS

- 3 cups quartered Brussels sprouts
- 3 heaping cups thinly sliced carrots
- 1 medium red onion
- fresh herbs for garnishing
- 1 large lemon
- 1 small clove garlic
- 3/4 cup quinoa
- 1 (15 ounce) can chickpeas
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/2 cup tahini



TUES

VEGETABLE SOUP

- 1 large onion
- 3 cloves garlic
- 3 medium carrots
- 3 stalks celery
- 1/4 cup parsley
- 1 tbsp freshly squeezed lemon juice
- 2 medium potatoes
- 2 tsp Italian seasoning
- 4 cups vegetable broth
- 2-15oz can diced tomatoes
- 1 cup corn (I used thawed from frozen)
- 1-15oz can kidney beans
- 1 bay leaf



WED

QUINOA CASSEROLE

- 1 jalapeno pepper
- 1 bunch cilantro
- 2 zucchini
- 1 red bell pepper
- 1 tbsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp dried oregano
- 1/2 tsp dried paprika
- 1 1/2 tsp ground cumin
- 28 oz whole peeled tomatoes, pureed
- 2 cups pinto beans
- 2 cups quinoa
- 1 lb white cheddar cheese, grated

THUR

WINTER CITRUS SALAD

- 2.5 ounces baby spinach
- 2.5 ounces baby arugula
- 1 medium beet
- 1 clementine
- 1 blood orange
- 1 avocado
- 3 tablespoons fresh lemon juice
- 1/3 cup shelled pistachios
- 1 tablespoon hemp hearts
- 1/4 cup avocado oil or olive oil
- 1/2 teaspoon dried oregano