

WEEKLY SHOPPING LIST

SUN

TOMATO BASIL VEGGIE BURGERS

- ½ cup finely chopped onion
- ½ cup grated carrot
- 1 tsp minced garlic
- ⅓ cup finely chopped fresh basil
- ⅓ cup chopped sun-dried tomatoes
- 2 tbsp liquid amigos
- 2 tbsp nutritional yeast
- 1 tbsp vegan worcestershire sauce
- ⅓ cup pepitas (or sunflower seeds)
- ⅓ cup old-fashioned oats
- 2 tbsp ground flaxseed
- 1-15oz can canellini beans
- 1 tsp oregano
- ½ tsp cumin
- ¾ cup whole grain breadcrumbs



WED

BEET BLACK RICE SALAD

- 1 large bunch curly kale, or 4 cups of your favorite greens
- ¼ cup diced red onion
- 2 heaping cups diced roasted beets
- ½ cup black rice
- ½ cup balsamic dressing
- 1 (15 ounce) can chickpeas
- 4 ounces goat cheese, crumbled (if vegan, you can omit or use tofu feta recipe instead)

THUR

LEMON GREEK SALAD

- ½ red onion, diced
- 1 pint grape tomatoes
- 3 mini seedless cucumbers
- juice of 2 lemons
- ½ lb chopped roasted red peppers
- 1 (15 oz) can black olives
- 1 (15 oz) can chickpeas
- 1.5 cups bulgur
- ¼ cup olive oil
- 5 oz feta, crumbled

MON

ONE-POT SPANISH QUINOA

- 1 small yellow onion
- 3 cloves garlic
- juice of 1 lemon
- fresh parsley for serving
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon oregano
- ¼ teaspoon cayenne pepper
- 1 cup uncooked quinoa
- 1 (15-ounce) can diced tomatoes
- 1 (15-ounce) can chickpeas
- 2 cups vegetable broth
- 1 (15-ounce) can quartered artichoke hearts in water



TUES

PORTOBELLO PIZZAS

- 4 to 6 large portobello mushrooms
- 3 cups baby spinach
- 3 cups cooked brown rice
- 4 cups prepared tomato sauce (marinara works great!)
- 2 cups grated mozzarella cheese

