

WEEKLY SHOPPING LIST

SUN

SPINACH ENCHILADAS

- 1 large red onion
- 1 clove garlic
- juice of 1 lime
- avocado and minced cilantro
- 2.5 oz baby spinach
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp oregano
- ½ tsp smoked paprika
- 1½ cups pinto beans
- 28 oz canned whole peeled tomatoes
- 12 corn tortillas
- 8 oz cotija cheese



MON

CURRIED LENTIL SOUP

- 1/2 yellow onion
- 2 large carrots
- 1 1/2 cups diced celery
- 2 cloves garlic
- 1/2 teaspoon fresh grated ginger, or 1 teaspoon ground ginger
- 1 cup uncooked lentils
- 1/2 cup uncooked quinoa
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon ground coriander (optional)
- 5-6 cups vegetable broth



TUES

BAKED SPAGHETTI

- 16oz extra firm tofu
- 8 oz mushrooms
- ½ bunch lacinto kale
- ½ cup roasted garlic hummus
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- 12oz whole grain spaghetti
- 32 oz jar of pasta sauce



WED

SHEET PAN CHICKPEA TIKKA

- 2-pounds yukon gold potatoes
- 2-pound head cauliflower
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced fresh garlic
- zest and juice of 1 lemon
- 2 jalapeños
- sliced red onion and fresh cilantro
- 2 tablespoons high heat oil
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne (optional)
- 1 (15-ounce) can chickpeas
- 1 cup plain non-dairy yogurt

THUR

VEGETABLE FRIED RICE

- 1 red bell pepper
- 1 large crown broccoli
- 2 cups grated carrot
- 1 (2-inch) nub ginger
- 5 cloves garlic
- 2.5 ounces baby spinach
- 1 bunch green onion
- 1 cup peas
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 3 to 4 TBL liquid amigos
- 1 1/2 cups uncooked brown rice
- 3 large eggs