

WEEKLY SHOPPING LIST

SUN

SWEET POTATO LENTIL STEW

- 1 medium-size potato
- 1 small onion
- 3 garlic cloves
- 1 jalapeño
- 1 bell pepper
- 1 cup frozen peas
- cilantro and lime juice for serving
- 2 teaspoons chili powder
- 1 teaspoon curry
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne (optional)
- 1 cup dry red lentils
- 1 (14.5) ounce can diced tomatoes
- 3 tablespoons tomato paste
- 2 cups vegetable broth
- 1 cup coconut milk

MON

INDIAN PANEER

- 1 small onion
- 4 cloves garlic
- 1 tbsp minced ginger
- 8 oz frozen peas
- 2 tsp vindaloo or other spicy curry powder
- 2 tsp thai red curry paste
- 2 tbsp garam masala
- 1/2 tsp turmeric
- cooked jasmine rice, for serving
- 1/4 cup canola oil
- 14 oz full fat coconut milk
- 1/2 cup cashews
- 5 oz tomato paste
- 1/4 cup full fat Greek yogurt
- 8 oz paneer, cut into 1/2-inch cubes

TUES

QUINOA BREAKFAST BOWLS

- 2 tsp fresh ginger
- 1 lemon
- 1 small yellow onion
- 1 red bell pepper
- 1 green bell pepper
- 1 head lacinato kale
- 1/2 avocado
- 2 cups vegetable broth
- 1 cup dry quinoa
- 4 tbsp olive oil
- 1/4 tsp dried turmeric
- 2 tbsp nutritional yeast
- 2 eggs

WED

SOBA NOODLE BOWLS

- 1/2 cup chopped shallot
- 1 1/2 cups thinly sliced red cabbage
- 1 red bell pepper
- 1 carrot
- 1 tbsp fresh grated ginger
- 3 cloves minced garlic
- 1 cup shelled edamame
- 1/4 cup fresh chopped cilantro
- 2 tbsp red curry paste
- 1-14.5oz can full fat coconut milk
- 1/2 cup vegetable broth
- 2 tbsp reduced sodium soy sauce
- 8oz soba noodles

THUR

CHICKPEA TACO SALADS

- 2 cups corn kernels
- 4 cups mixed greens or chopped lettuce
- 1 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup diced cucumber
- 1 tablespoon chopped basil
- 1 tablespoon chopped dill
- 1 tablespoon chopped green onion
- Juice of 1/2 lime
- other optional toppings: salsa, jalapeños, cilantro, black olives
- 4 corn tortillas
- 1 cup cooked chickpeas
- 1 cup cooked lentils
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup non-fat yogurt