

WEEKLY SHOPPING LIST

SUN

KALE QUINOA SALAD

- 2 heads lacinato kale
- 1/2 fungi apple
- 1 lemon
- 2/3 cup cooked quinoa
- 1/4 cup raw walnuts
- 1/4 cup raw pumpkin seeds
- 3 tbsp dried cranberries
- 1 tbsp hemp hearts
- avocado oil

MON

EASY SPLIT PEA SOUP

- 3 leeks
- 1 carrot
- 4 cloves garlic
- 2 cups split peas, rinsed
- 2 teaspoons dried thyme
- 1 teaspoon smoked paprika
- 6 cups vegan chicken broth
- 1 bay leaf

TUES

CHICKPEA STIR FRY

- 1 tsp grated ginger
- 10 oz frozen broccoli florets
- 10 oz frozen peas and carrots
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cups sugar snap peas
- 1 (8 oz) can sliced water chestnuts
- 1 (15 oz) can chickpeas
- 2/3 cup soy sauce
- 1/2 cup vegetable broth
- 1/3 cup rice vinegar
- 1 tsp sesame oil
- 1 tbsp brown sugar
- 2 tsp gochujang
- 2 tbsp cornstarch
- 1 tbsp grapeseed oil

WED

SPRING VEGETABLE CURRY

- 1 medium onion
- 3 cloves garlic
- 1 tbsp fresh ginger
- 1 bunch asparagus
- 1 red bell pepper
- 1 large sweet potato
- 1 large carrot
- 1/2 cup frozen peas
- fresh basil or cilantro for serving
- 1 1/2 cups brown basmati rice
- 1/2 cup raw cashews
- 2 cups almond milk
- 3 tbsp curry powder
- 1-15oz can chickpeas
- 1 tbsp tamari
- sriracha

THUR

EASY BROCCOLI FRIED RICE

- 5-6 cups chopped broccoli
- 1 small red pepper
- 1/2 cup shredded carrots
- 1/3 cup peas, fresh or frozen
- 1 small clove garlic, grated
- 1/2 teaspoon grated fresh ginger
- Diced green onion for garnish
- 2 teaspoons toasted sesame oil
- 2 tablespoons tamari, or soy sauce