

WEEKLY SHOPPING LIST

SUN

CRISPY BAKED TACOS

- 1 medium zucchini
- 1 medium summer squash
- 1 medium red pepper
- 1/2 small yellow onion
- 1 (15 ounce) can refried beans
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon smoked paprika
- 10-12 corn tortillas



MON

ONE-POT LENTIL TACO SKILLET

- 1 red onion
- 2 garlic cloves
- 2 bell peppers
- 1 jalapeño
- 1 cup frozen corn kernels
- 2 cups (or one 15-ounce can) cooked lentils
- 1/2 cup finely chopped walnuts
- 3 tablespoons tomato paste
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- tortillas, vegan sour cream, avocado, cilantro and lime for serving



TUES

ROASTED VEG BURRITOS

- 2 small sweet potatoes
- 2 medium zucchini squash
- 2 large carrots
- 3 cups baby spinach
- 2 avocados
- 4 flour tortillas
- salsa of choice
- 6 large eggs



WED

THAI TOFU ZOODLE SOUP

- 1 lb super firm tofu
- 1 sweet onion
- 3 garlic cloves
- 1 red bell pepper
- 8 oz sugar snap peas
- 2 zucchini, spiralized
- juice of 1 lime, to taste
- 1/2 cup thinly sliced baby carrots
- 1/2 tsp minced fresh ginger
- 2 tbsp thai red curry paste
- 1 1/2 cups vegetable broth
- 14 oz full fat coconut milk
- 2 tablespoons coconut oil

THUR

CURRIED CHICKPEA SALAD

- 1/2 cup chopped green onions
- 1/2 small bunch cilantro
- 1 bell pepper
- juice of half a lemon
- 2 tsp apple cider vinegar
- 1 tbsp curry powder
- 1 tsp turmeric
- 2-15oz cans chickpeas
- 1/2 cup raisins
- 1/3 cup cashews
- 3 tbsp tahini
- 2 tbsp pure maple syrup