

WEEKLY SHOPPING LIST

SUN

ONE-POT CHICKPEA MASALA

- 1 medium onion
- 2 jalapeños
- 4-inches fresh ginger
- 4 garlic cloves
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon smoked paprika
- pinch cayenne
- 3 tablespoons tomato paste
- 2 (15-ounce) cans diced tomatoes
- 1 cup vegetable broth
- 1 (15-ounce) can chickpeas
- 3/4 cup unsweetened coconut milk
- basmati rice, yogurt, cilantro and naan for serving

MON

BROCCOLI STRATTA

- 1 large onion
- 2 crowns broccoli
- 8oz mushrooms
- 1 cup grape tomatoes
- 6 heaping cups cubed bread
- 1 heaping tsp Dijon mustard
- 8 large eggs
- 1½ cups milk of choice
- ½ cup plain Greek yogurt
- ⅓ cup cream cheese
- 1¼ cups shredded cheddar or feta cheese

TUES

VEGETABLE BUDDHA BOWLS

- 8 cups of your favorite root vegetables, chopped (I used carrots, sweet potato, rutabagas, parsnips, turnips and red onion)
- 4 handfuls baby kale
- 2 small avocados
- 3/4 cup dried quinoa
- 1/2 cup hummus
- Balsamic glaze

WED

SPRING DETOX SALAD

- 2 heads kale
- 1/2 red bell pepper
- 6 radishes
- 1 large carrot
- 1/2 cucumber
- 1 large avocado
- 1 medium beet
- 1/4 cup fresh lemon juice
- 1 clove garlic
- 1/4 cup fresh parsley
- 1/2 cup walnuts
- 1/4 cup + 1 tbsp avocado oil
- 2 tsp pure maple syrup
- 2 tsp dijon mustard

THUR

SPAGHETTI WITH PEPPERS

- 2 red bell peppers
- 1 pint cherry tomatoes
- 1 tbsp salted capers
- 4 cloves garlic
- ¼ cup finely chopped parsley
- 3 tbsp Italian seasoned coarse bread crumbs
- 5 tbsp extra virgin olive oil
- 1 lb whole grain spaghetti
- 4 large eggs
- freshly grated parmesan cheese