

WEEKLY SHOPPING LIST

SUN

BERLIN BURGER

- 1 medium onion
- 2 cloves garlic
- 7 ounces mushrooms
- 1 cup finely sliced leek
- 1 and 1/4 cup cooked lentils (1/2 cup dry)
- 1/2 cup roasted sunflower seeds
- 1 tablespoon mustard (I used Dijon)
- 2 tablespoons nutritional yeast
- 1 tablespoon chili paste
- 2 tablespoons white vinegar
- 2/3 cup panko breadcrumbs



MON

CHIPOTLE TOFU BOWLS

- 1 lb sweet potato
- 1/4 cup cilantro
- 4 cloves garlic
- 2 limes
- 5 oz baby kale
- 1 pint cherry tomatoes
- 2 mini seedless cucumbers
- 1 lb extra firm tofu
- 3 tbsp adobo sauce
- 5 tbsp honey
- 2 tbsp mustard
- 1/2 cup quinoa
- 1 cup vegetable broth
- 2 cups cooked white beans
- 3/4 cup extra virgin olive oil
- 4 tbsp red wine vinegar



TUES

SPINACH QUESADILLAS

- 2 large yellow onions
- 5 ounces baby spinach
- 2 avocados
- 4 large flour tortillas
- 2 cups monterey jack cheese



WED

EASY VEGAN LASAGNA

- 1 medium zucchini
- 8oz pkg sliced mushrooms
- 12oz pkg frozen spinach
- 1 cup frozen peas
- 1/4 cup fresh basil
- 2-14oz pkg extra firm tofu
- 12 whole grain lasagna noodles
- 10oz tub roasted garlic hummus
- 1/2 cup nutritional yeast
- 5-10 cups marinara sauce
- 1 tsp garlic powder

THUR

SPRING VEGETABLE PASTA

- 1 bunch asparagus
- 1 cup green peas, fresh or frozen
- 2 cloves garlic
- Juice and zest of 1 large lemon
- 2-3 tablespoons fresh dill
- 8 ounces whole wheat pasta