

WEEKLY SHOPPING LIST

SUN

THAI ZUCCHINI NOODLES

- 3 cloves garlic
- 1 red bell pepper
- 2 cups red cabbage
- 3 medium zucchini squash
- 2 large carrots
- 1/3 cup cilantro
- 2 tsp fresh ginger
- 2 limes
- 1/4 cup creamy almond butter
- 3 tablespoons coconut aminos
- 2 tbsp sesame oil
- 2 tbsp pure maple syrup
- 1/4 tsp red pepper flakes
- 1/3 cup cashews



MON

30-MINUTE RED PEPPER PASTA

- 1 small head cauliflower
- 2 tablespoons high heat oil
- 10-ounces penne pasta
- 2 cups (16-ounces) marinara
- 1 (12-ounce) jar roasted red bell peppers
- 1 cup blanched almonds (or raw cashews)
- 1 tablespoon dried oregano



TUES

SPRING PESTO BOWLS

- 2 cups small broccoli florets
- 2 cups thinly sliced carrots
- 2 cups sugar snap peas, cut in half
- 1 large red bell pepper, diced
- 2 tablespoons chopped fresh parsley
- 1 bag Gardein's Classic Meatless Meatballs
- 2 teaspoons vegan butter
- 3/4 cup dried quinoa
- 1 cup pesto sauce (see recipe for optional homemade version)



WED

BROCCOLI FREEKEH SALAD

- 1 lb broccoli
- 1/4 cup chopped parsley
- 5 oz baby arugula
- 2 tbsp lemon juice
- 1 tbsp minced shallot
- 1 tbsp grapeseed oil
- 1/2 cup freekeh
- 1 1/2 cups cooked white beans
- 3 tbsp olive oil
- 1/2 tsp dijon mustard

THUR

EASY BLACK BEAN BURGERS

- 2 tbsp ground flaxseed
- 2-14.5oz cans black beans
- 1 cup Italian-style Panko breadcrumbs
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1 tbsp sriracha
- 1 tbsp vegan worcestershire sauce
- Whole grain buns and toppings of choice
- Oil/cooking spray, for cooking