

# WEEKLY SHOPPING LIST

SUN

## BAKED SPAGHETTI WITH KALE

- 8 oz mushrooms
- ½ bunch lacing kale
- 16oz extra firm tofu
- ½ cup roasted garlic hummus
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- 12oz whole grain spaghetti
- 32 oz jar of pasta sauce

MON

## MEDITERRANEAN 'MEATBALLS'

- 2 cups packed spinach
- 3 garlic cloves
- 1 lemon
- 1 (15-ounce) can chickpeas
- 1/2 cup rolled oats
- 1/4 cup sundried tomatoes (or pitted green olives)
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- chopped romaine, **vegan tzatziki**, pita, and tomatoes for serving

TUES

## SUMMER CHILI BOWLS

- 1 small yellow onion
- 2 cloves garlic
- 1 medium zucchini
- 1 medium yellow squash
- 1 red pepper
- 3 medium tomatoes
- 1 cup corn kernels, fresh or frozen
- 3 cans beans, drained and rinsed
- 2-3 cups vegetable broth
- 2 1/2 teaspoons chili powder
- 2 1/2 teaspoons cumin
- 1 1/2 teaspoon paprika
- 1 teaspoon dried Italian seasoning
- 1 teaspoon coconut sugar
- 1 (6 oz) can tomato paste

WED

## STUFFED POBLANO PEPPERS

- 3 poblano chile peppers
- 2 bell peppers
- 2 ears shucked corn
- 2 cups chopped seeded tomato
- ¼ cup chopped fresh cilantro
- 1 lime
- 2 tablespoons pine nuts
- 1 cup cooked brown rice
- 3 ounces Monterey Jack cheese, shredded
- 2 tablespoons cream cheese
- 2 ounces queso fresco, crumbled

THUR

## SUMMER BURRITO BOWLS

- 1 red onion
- 1 red bell pepper
- 1 yellow squash
- 1 medium zucchini
- 1 large avocado
- 1 lime
- 1 clove garlic
- 4 large basil leaves
- 1.5 cups brown rice
- 1 (14-ounce) can garbanzo beans
- 1/4 cup plain yogurt