

WEEKLY SHOPPING LIST

SUN

TOMATO BASIL QUINOA

- 1 small yellow onion
- 3 cloves garlic
- 1 lemon
- bunch of fresh basil
- 1 teaspoon dried oregano
- 1 cup uncooked quinoa
- 1 (15-ounce) can diced tomatoes
- 2 cups vegetable broth
- 2 cups raw cashews
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder



MON

VEGAN CAPRESE PASTA

- 1 pint cherry tomatoes
- 2 cloves garlic
- 3 tablespoons chopped fresh basil
- 1/4 cup nutritional yeast
- 2 cups plain, unsweetened non-dairy milk of your choice
- 4 cups penne pasta



WED

GRILLED QUESADILLAS

- 2 bell peppers (colors of choice)
- 1 pasilla pepper
- 1 red onion
- 2 medium zucchini
- 2 patty pan (or yellow) squash
- 2 large portobello mushrooms
- 6 gluten-free flour tortillas
- 2 to 3 cups jack cheese

THUR

CRUNCHY THAI SALAD

- 1 clove garlic
- 1-inch knob of fresh ginger
- 2 heads of romaine lettuce,
- 1/2 head cabbage
- 3 carrots
- 1 red bell pepper
- 1/2 cup sunflower seeds
- 1/4 cup sunflower seed butter (can sub peanut butter)
- 1 tbsp raw apple cider vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp tamari
- 3 tbsp raw honey or maple syrup
- 1/4 tsp crushed red pepper flakes