

WEEKLY SHOPPING LIST

SUN

HEALTHY ZUCCHINI FRITTERS

- 4 medium-size zucchini
- 1 an 1/2 cups corn kernels
- 6 green onions
- 3 garlic cloves
- 1 and 1/4 cup chickpea flour
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon thyme
- black beans, salsa, nacho cashew cream and/or avocado for serving



MON

ASIAN TOFU LETTUCE WRAPS

- 2 teaspoons fresh grated garlic
- 2 teaspoons fresh grated ginger
- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup shredded carrot
- 1 cup thinly sliced red pepper
- 1/3 cup cilantro leaves
- 1/3 cup sliced green onion
- 14 oz extra firm tofu
- 1/4 cup tamari
- 1 cup chow mein noodles
- 4-6 large tortillas
- 1/2 cup creamy peanut butter
- 1/2 teaspoon pure maple syrup
- 1/2 teaspoon sesame oil
- 1/2 teaspoon rice wine vinegar



TUES

ROASTED STUFFED PEPPERS

- 6 bell peppers
- 8 scallions, sliced
- 1/4 cup minced fresh parsley
- 1/4 cup minced fresh basil
- 3 tbsp capers
- 8 garlic cloves
- 1 tbsp lemon juice
- 1/2 cup extra virgin olive oil
- 1 (15 oz) can chickpeas
- 7 oz baguette
- 6 oz goat cheese



WED

ISRAELI POWER SALAD

- 1 large sweet potato
- 1 bunch chard
- 1/2 cup sliced green onions
- 2 cups thinly sliced red cabbage
- 3 Persian or mini seedless cucumbers
- 1/2 cup flat leaf parsley
- 1/3 cup fresh lemon juice
- 1-15oz can chickpeas
- 1/2 cup walnuts
- 1/3 cup tahini
- 2 tbsp za'atar

THUR

VEGAN CORN CHOWDER

- 4 ears corn
- 2 large red potatoes
- 1 large white onion
- 5 cloves garlic
- 3 large carrots
- 3 stalks celery
- 1 red bell pepper
- 2 tsp Cajun seasoning
- 1/2 tsp paprika
- 1/4 tsp cumin
- 2/3 cup full-fat coconut milk