

WEEKLY SHOPPING LIST

SUN

PUMPKIN MAC N' CHEESE

- 2 large shallots
- 4 garlic cloves
- 15-ounces pumpkin purée
- 1 teaspoon vegetable bouillon
- 1/3 cup nutritional yeast
- 1 tablespoon white vinegar
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage
- 1/2 cup raw cashews
- 16-ounces whole grain macaroni



WED

TOMATO SPAGHETTI SQUASH

- 1 medium spaghetti squash
- 2 tsp minced garlic
- 1/4 cup basil leaves
- 1/2 cup raw cashews
- 1-15 oz can diced fire roasted tomatoes
- 2 tsp extra virgin olive oil

MON

ROASTED BRUSSELS BOWLS

- 1 pound brussels sprouts
- 1 large avocado
- Juice of 1 large lemon
- 2 cups cooked chickpeas
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 8 tablespoons dried cranberries
- 1/2 cup tahini
- 3/4 cups quinoa, uncooked



THUR

STUFFED SWEET POTATOES

- 4 small sweet potatoes
- 2 large crowns broccoli
- 1/2 cup raw cashews
- 3 Tbsp tahini
- 1/3 + 2 Tbsp cup nutritional yeast
- 1.5 Tbsp cider vinegar
- 1/4 tsp paprika

TUES

BUTTERNUT BOLOGNESE

- 1 onion
- 1 lb butternut squash
- 3 garlic cloves
- 1 large bunch swiss chard
- 1/2 tsp dried thyme leaves
- 1 tsp dried oregano
- 2 tbsp tomato paste
- 1 cup dried lentils
- 1/4 cup extra virgin olive oil
- 1/2 cup red wine
- 28 oz whole peeled tomatoes
- 1 lb rigatoni
- 8 oz mascarpone cheese

