

# WEEKLY SHOPPING LIST

SUN

## TUSCAN WHITE BEAN SOUP

- 1 yellow onion
- 3 carrots
- 3 celery
- 3 garlic cloves
- 1 bunch dino kale
- juice of 1 lemon
- 1/2 small green cabbage
- 2 teaspoons dried oregano
- 1 (15-ounce) can crushed tomatoes
- 6 cups vegetable broth
- 2 bay leaves
- 1 (15-ounce) can white beans



MON

## SESAME GINGER NOODLES

- 1 medium red pepper
- 2 medium carrots
- 1 medium handful snow peas
- 1 1/2 cups sliced purple cabbage
- 1 clove garlic
- 1 1/2 teaspoons grated ginger
- 8 oz package rice noodles
- 1 (15 oz) can chickpeas
- 1/3 cup tamari
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 1/2 teaspoons corn starch
- 1 teaspoon toasted sesame seeds



TUES

## GARLIC SPAGHETTI SQUASH

- 1 medium sized spaghetti squash
- 1 small head kale
- 1 bulb garlic
- 1/3 cup sun-dried tomatoes
- 1/3 cup walnuts
- 2 Tbsp olive oil



WED

## PAD THAI STIR FRY

- 2 tbsp lime juice
- 1 tsp minced fresh ginger (1/2 inch knob)
- 1 clove garlic
- 1/2 head green or red cabbage
- 1 large carrot
- 2 cups snow peas
- 3 green onions
- Chopped fresh cilantro
- 4 oz whole wheat spaghetti
- 1/4 cup natural peanut butter
- 5 tbsp soy sauce
- 1/4 cup pure maple syrup
- Chopped salted peanuts, for garnish

THUR

## SWISS CHARD RAGOUT

- 2 garlic cloves
- 1 large bunch of Swiss chard
- 8 oz baby spinach
- 2 limes, to get 2 tbsp juice
- 1 bunch of mint
- 1 bunch of dill
- 8 scallions
- 28 oz canned diced tomatoes
- 1/4 cup olive oil
- 1/2 cup sliced almonds
- 1/2 tsp paprika
- 14 oz canned white beans
- 4 oz feta cheese, crumbled