

WEEKLY SHOPPING LIST

SUN

DAIRY-FREE POTATO SOUP

- 1 small onion
- 2 celery
- 2 carrot
- 3 garlic cloves
- 2 russet potatoes
- 2 tablespoons chickpea flour (or AP)
- 2 to 3 cups vegetable broth
- 1/2 cup raw cashews
- toppings: chives and/or shiitake bacon
- 2 tablespoons dairy-free butter



MON

VEGAN ALFREDO PASTA

- 1 head cauliflower
- 2 cloves garlic
- 1 1/2 cups peas, frozen or fresh
- fresh parsley for garnish, if desired
- 3 tablespoons Nutritional yeast
- 1 1/2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 cups cooked chickpeas
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 16 ounces your favorite pasta
- 2 tablespoons butter, non-dairy
- 1/2 cup plain non-dairy milk



WED

VEGETABLE CHICKPEA CURRY

- 1 medium onion
- 3 cloves garlic
- 1 tbsp fresh ginger
- 1 bunch asparagus
- 1 red bell pepper
- 1 large sweet potato
- 1 large carrot
- 1/2 cup frozen peas
- fresh chopped basil or cilantro
- 3 tbsp curry powder
- 1-15oz can chickpeas
- 1 tbsp tamari
- 1 1/2 cups brown basmati rice
- 1/2 cup raw cashews
- 1 tbsp coconut or avocado oil
- Sriracha
- 2 cups almondmilk

THUR

SWEET POTATO FRITTERS

- 1 medium sweet potato
- 1 medium parsnip
- 1 medium avocado
- 2 Tbsp lime juice
- 2 tsp mustard
- 1/2 cup sunflower seeds
- 1.5 Tbsp nutritional yeast
- 1 tsp chipotle chili powder

TUES

LEMONY GREEK SALAD

- 1 pint grape tomatoes
- 3 mini seedless cucumbers
- 1/2 lb chopped roasted red peppers
- 1/2 red onion
- juice of 2 lemons
- 1/4 cup olive oil
- 1 (15 oz) can black olives
- 1 (15 oz) can chickpeas
- 1.5 cups bulgur
- 5 oz feta

