

WEEKLY SHOPPING LIST

SUN

TURMERIC CHICKPEA SKILLET

- 1 medium yellow onion
- 2 bell peppers
- 2-inches fresh turmeric root
- 2-inches fresh ginger
- 3 garlic cloves
- 2 teaspoons chili powder
- 1 teaspoon ground turmeric
- 1 (15-ounce) can chickpeas
- 2 cups full-fat coconut milk**
- chopped cilantro and cooked brown rice or quinoa for serving



WED

BBQ BLACK BEAN TACOS

- 1/2 small onion
- 2 small cloves garlic
- 1 cup tomato sauce
- 1 tablespoon ketchup
- 1 tablespoon pure maple syrup
- 2 teaspoons apple cider vinegar
- 1 teaspoon tamari
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon mustard powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 3 (15 ounce) cans black beans
- Corn or flour tortillas

MON

FAJITA LETTUCE WRAPS

- 1½ lb sweet potatoes
- 1 red and 1 yellow bell pepper
- 1 red onion
- 1 lime
- 5 oz butter lettuce leaves
- 1 tbsp brown sugar
- 1 tbsp chili powder
- ½ tsp garlic powder
- ¼ tsp dried oregano
- ½ tsp smoked paprika
- 1½ tsp ground cumin
- 1 tbsp adobo sauce
- ⅓ cup olive oil
- ½ cup queso blanco or queso fresco
- ½ cup sour cream
- ⅓ cup half and half

THUR

FORBIDDEN RICE BOWLS

- 1 large zucchini
- 1 large patty pan squash (or yellow squash)
- 1 large sweet potatoes
- 1.5 cups cherry tomatoes
- 2 ounces microgreens
- 1 bunch carrots
- 1 cup basil
- 3 to 4 cups cooked forbidden rice
- 2/3 cup walnuts
- 3 Tbsp nutritional yeast
- 2 Tbsp cider vinegar
- 2/3 cup avocado oil
- 4 to 8 eggs

TUES

WINTER SQUASH SALAD

- 4 cups cubed squash
- 5 oz mixed greens
- 2 tbsp finely minced shallots
- 1/2 cup pomegranate arils
- 1/2 cup walnuts
- 3 tbsp white wine vinegar
- 2 tsp honey or maple syrup
- 1 tsp Dijon mustard
- 6 tbsp extra virgin olive oil
- 1/2 cup farro