

# WEEKLY SHOPPING LIST

SUN

## SWISS CHARD ENCHILADAS

- 2 large shallots or 1 small onion
- 16 ounces cremini mushrooms
- 2 large bundles swiss chard
- 1/2 cup cilantro
- 4 limes
- 5 garlic cloves
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 16 ounces salsa
- 1 cup sunflower seeds
- 8 whole grain tortillas



MON

## VEGAN LENTIL MEATLOAF

- 1/2 yellow onion
- 2 ribs celery
- 1 cup mushrooms
- 5 cloves garlic
- 1 Tbsp minced ginger
- 2 ounces baby spinach
- 1 1/2 cups cooked brown rice
- 1 1/2 cups cooked green lentils
- 1/4 cup tomato sauce
- 2 Tbsp balsamic vinegar
- 1/2 cup gluten-free all-purpose flour
- 1/4 cup nutritional yeast
- 1/2 cup raw pecans
- 1/3 cup dried cranberries
- 3 Tbsp ground flax seed
- 2 Tbsp yellow curry powder
- 1/4 tsp ground cayenne



TUES

## BAKED ZITI WITH BABY KALE

- 1 onion
- 3 cloves garlic
- 5 oz baby kale
- 15.5 oz jar of roasted red peppers
- 1 lb ziti
- 8 oz mozzarella, grated
- 1/2 cup heavy cream
- 2 cups ricotta



WED

## TACO STUFFED POTATOES

- 4-6 medium sweet potatoes
- 1 small head red cabbage
- 5 tbsp lime juice
- 1 cup cilantro
- 2 medium ripe avocados
- 2-15oz cans chickpeas
- 2 cup pecans (or walnuts)
- 2 tbsp chili powder
- 4 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp oregano
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1 tsp pure maple syrup (can sub honey)

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## GINGER ZUCCHINI NOODLES

- 2 large zucchinis
- green onion for garnish
- 1 clove garlic
- 1/2 teaspoon fresh ginger
- 1/2 cup orange juice
- 2 tablespoons tamari, or soy sauce
- 1 tablespoon toasted sesame oil
- 1 (15 oz) can chickpeas
- 1 cup rice, uncooked
- Sesame seeds for garnish
- 1 1/2 teaspoons corn starch