

# WEEKLY SHOPPING LIST

SUN

## ONE-POT LENTIL TACO SKILLET

- 1/2 red onion
- 2 garlic cloves
- 2 bell peppers
- 1 jalapeño
- 1 cup frozen corn kernels
- 2 lemons
- avocado, cilantro and lime for serving
- 2 cups (or 15-ounce can) cooked lentils
- 1/2 cup finely chopped walnuts
- 3 tablespoons tomato paste
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 8 tortillas
- 1 cup raw cashews



MON

## BEET PESTO PIZZA WITH KALE

- 1 cup red beets
- 3 cloves garlic
- 2 Tbsp lemon juice
- 2 cups kale leaves
- 1/2 cup walnuts
- 1/2 cup olive oil
- 1 lb pizza dough
- 1.5 cups mozzarella cheese
- 2 ounces goat cheese
- 1/2 cup parmesan cheese



TUES

## CRISPY KUNG PAO TOFU

- 1 medium sweet potato
- 1 medium eggplant
- 1 lb extra firm tofu
- 3 garlic cloves
- 2 tbsp minced ginger
- 1 tbsp cornstarch
- 2 tbsp gochujang
- 6 dried chiles de arbor
- 1/2 cup soy sauce
- 3 tbsp sugar
- 2 tsp unseasoned rice vinegar
- 1/3 cup unsalted, roasted peanuts
- 5 tbsp vegetable oil, divided



WED

## CRUNCHY THAI SALAD

- 2 heads of romaine lettuce
- 1/2 head cabbage
- 3 carrots
- 1 red bell pepper
- 1 clove garlic
- 1-inch knob of fresh ginger
- 1 tbsp raw apple cider vinegar
- 2 tbsp lemon juice
- 1 tbsp tamari
- 3 tbsp raw honey or maple syrup
- 1/4 tsp crushed red pepper flakes
- 1/2 cup sunflower seeds
- 1/4 cup sunflower seed butter (can sub peanut butter)

THUR

## PIZZA SKILLET CASSEROLE

- 1 small zucchini
- 1 small summer squash
- 1 small red pepper
- 1 small green pepper
- 1/2 small onion
- 2 cloves garlic
- fresh basil for garnish
- 1/2 teaspoon dried Italian seasoning
- 1 cups tomato sauce
- 4 large flour tortillas
- 1 cup shredded cheese