

WEEKLY SHOPPING LIST

SUN

BUDDHA BOWLS

- 2 large sweet potatoes
- 1 bunch swiss chard
- 2 jalapeños (or 1 poblano pepper)
- 5 garlic cloves
- 1 large lemon
- 1/3 cup tahini
- 1 cup quinoa, rice, or farro
- 2 tablespoons melted coconut oil
- 2 teaspoons pure maple syrup
- 1 (15-ounce) can chickpeas drained
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne



WED

WHEAT BERRY SALAD

- 5oz baby arugula
- 2 ripe mangoes
- 3/4 cup chopped green onions
- 1 avocado
- 1/2 cup cilantro
- 1 medium lime
- 1 tbsp pure maple syrup
- 2 tbsp hemp seeds
- 3/4 cup soft wheat berries (or grain of choice)

MON

GNOCCHI PIZZA BAKE

- 1 small green pepper
- 1 small red pepper
- 1/2 small onion
- 1 (16 oz) package gnocchi
- 1 (15 oz) can white beans
- 2 cups spaghetti sauce
- 1/2 cup grated cheese

THUR

CHARRED BROCCOLI SALAD

- 1 lb broccoli
- 1 tbsp minced shallot
- 1/4 cup chopped parsley
- 5 oz baby arugula
- 2 tbsp lemon juice
- 1/2 cup freekeh
- 1 1/2 cups cooked white beans
- 1/2 tsp dijon mustard

TUES

AVOCADO EGG SALAD

- 1 1/2 avocados
- 1 Tbsp fresh lemon juice
- 6 eggs