

WEEKLY SHOPPING LIST

SUN

TOMATO CORN ORZO

- 1 bunch green onions
- 1 pint cherry or grape tomatoes
- 1 and 1/2 cups grilled corn kernels
- 2 garlic cloves minced
- 8 ounces whole grain orzo pasta
- 2-3 tablespoons dairy-free butter
- 1/2 cup dry white wine
- 1/2 cup fresh chopped basil and cashew parmesan for garnish



WED

SUMMER SQUASH QUESADILLAS

- 2 bell peppers
- 1 pasilla pepper
- 1 red onion
- 2 zucchini squash
- 2 patty pan or yellow squash
- 2 portobello mushrooms
- 6 gluten-free flour tortillas
- 2 to 3 cups mozzarella cheese

MON

TOFU BAHN MI

- 14 oz extra firm tofu
- 2 carrots
- 1/2 cucumber
- 1 tsp grated lime zest
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1/4 cup peanut butter
- 2 tbsp sriracha
- 1/3 cup cornstarch
- 3 tbsp vegetable oil
- 4 Italian sub rolls
- 1/4 cup Greek yogurt



THUR

PRIMAVERA PASTA SALAD

- 1 cup shredded carrot
- 1 cup thinly diced red bell pepper
- 1 cup small diced broccoli florets
- 1 cup sweet peas
- 1/2 cup chopped fresh parsley
- 1 clove garlic
- 14 ounces pasta
- 1/3 cup raw cashews
- 1/3 cup nutritional yeast
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup

TUES

SHEET PAN MEXICAN DINNER

- 1 medium sweet potato
- 1 small zucchini
- 2 medium ripe avocados
- 3 tbsp lime juice
- 1/2 cup grape tomatoes
- 1 bell pepper
- 1/2 cup corn
- 1 jalapeño
- 3 garlic cloves
- 1/2 small onion
- 1-15oz can black beans
- 2 tsp chili powder
- 2 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder