

# WEEKLY SHOPPING LIST

SUN

## PORTOBELLO FAJITAS

- 4 large portobella mushroom caps
- 3 bell peppers
- 1 onion
- 2 tablespoons tamari, or soy sauce
- 2 tablespoons avocado oil
- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 10 tortillas



WED

## SOUTHWEST BURGERS

- 2 Tbsp chopped white onion
- 2 cloves garlic
- 1 jalapeno
- 1/3 cup red bell pepper
- 1/3 cup corn
- 1/3 cup black beans
- 1/2 tsp ground cumin
- 1 (14-ounce) can white beans
- 1 cup cooked brown rice
- 1 egg

MON

## FALAFEL BURGERS

- 1 red onion
- 1 medium cucumber
- 1 pint cherry tomatoes
- 2 cloves garlic
- handful of parsley
- 2 (15 oz) cans chickpeas
- 3-4 tbsp flour
- 1 tbsp cumin
- 1 tbsp coriander
- 1 tbsp chili powder
- 1½ tsp turmeric
- 4 burger buns
- ½ cup hot pepperoncini peppers
- 4 slices mozzarella or provolone



THUR

## CHICKPEA SALAD PITAS

- 1/2 cup diced tomato
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1 tablespoon chopped parsley
- lettuce leaves, if desired
- 2 tablespoons olive oil
- 3 teaspoons red wine vinegar
- 1 teaspoon dijon mustard
- 2 (15 oz) cans chickpeas
- 1/3 cup sliced kalamata olives
- 4 pieces of pita bread

TUES

## SHEET PAN MEXICAN DINNER

- 4 medium sweet potatoes
- 1/2 cup corn, fresh or frozen
- 2 tbsp chopped scallions
- 1 avocado
- 2 tbsp chopped cilantro
- 1/2 tsp lemon juice
- 1/3 cup canned tomato sauce
- 1/2 tsp cumin
- 1/2 cup canned black beans
- 1/4 tsp cayenne pepper
- 1/2 cup raw cashews
- 1/4 tsp smoked paprika
- 1–2 tsp hot sauce

