

WEEKLY SHOPPING LIST

SUN

GLUTEN-FREE FALAFEL

- 1/2 cup roughly chopped carrot (2 lg carrots)
- 1 clove garlic
- 1/2 cup fresh parsley
- 2 lemons
- 1 15-ounce can garbanzo beans
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 cup panko breadcrumbs
- 4 tablespoons chickpea flour
- 1/4 cup avocado oil
- 6 ounces plain non-dairy yogurt



WED

WHEAT BERRY SALAD

- 1/2 inch knob fresh ginger
- 1 clove garlic
- 1/2 head green or red cabbage
- 1 large carrot
- 1 red bell pepper
- 2 cups snow peas
- 3 green onions
- 2 tbsp lime juice
- chopped fresh cilantro, for garnish
- chopped salted peanuts, for garnish
- 4 oz spaghetti
- 1/4 cup natural peanut butter
- 5 tbsp soy sauce (or tamari)
- 1/4 cup pure maple syrup
- 1 tbsp sriracha

MON

RED CURRY NOODLE BOWLS

- 2 tsp fresh ginger
- 2 large carrots
- 1/2 red bell pepper
- 1 yellow squash
- 2 zucchini squash
- 2 Tbsp coconut aminos or liquid aminos
- 1 Tbsp pure maple syrup
- 1 (14-ounce) can full-fat coconut milk
- 2 Tbsp red curry paste



THUR

PESTO GNOCCHI W BROCCOLI

- 3 cups small broccoli florets
- 4–6 cups of your favorite greens
- 1 (16 oz) package gnocchi
- 1 (15 oz) can white beans
- 1 cup pesto sauce
- 2 teaspoons olive oil, divided

TUES

FRIED HALLOUMI WITH BASIL

- 12 oz cherry tomatoes
- 1 garlic clove
- 1 oz basil
- 1 lb asparagus
- 2 zucchini
- 9 tbsp olive oil
- 8 oz halloumi

