

WEEKLY SHOPPING LIST

SUN

TOMATO BASIL QUINOA

- 1 small yellow onion
- 3 cloves garlic for garnish
- fresh basil
- 1 lemon
- 1 teaspoon dried oregano
- 1/2 teaspoon fine sea salt
- 1 cup uncooked quinoa
- 1 (15-ounce) can diced tomatoes
- 2 cups vegetable broth
- 1 cup raw cashews



MON

LEMON PASTA SALAD

- 1 cup shelled peas
- 1 cup cherry tomatoes
- 1 1/2 cups shredded carrot
- 1/4 red onion
- 3 Tbsp lemon juice
- 1 clove garlic
- 2 cups uncooked gluten-free pasta noodles
- 1/3 cup olive oil
- 2 Tbsp white vinegar
- 2 Tbsp pure maple syrup
- 1 Tbsp stone ground mustard
- 1 Tbsp poppy seeds



TUES

EGGPLANT TARTINES

- 1 large eggplant
- 8 garlic cloves
- 1 lb baby spinach
- 4 large slices of sourdough bread
- 8 oz hummus
- 1/4 cup harissa, or to taste
- 3 tbsp olive oil



WED

BLACK BEAN ENCHILADAS

- 3 leaves of kale
- flesh of one small sweet potato
- 1 bell pepper
- 1–15oz can black beans
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/2 cup raw cashews
- 3/4 cup salsa
- 2 tbsp nutritional yeast (optional)
- 12 corn tortillas
- 1–8oz package of enchilada sauce
- Cubed avocado and salsa, for serving

THUR

TACO SALAD BOWLS

- 2 cups corn kernels
- 4 cups mixed greens/chopped lettuce
- 1 cup diced tomatoes
- Juice of 1/2 lime
- 1/4 cup diced red onion
- 1/4 cup diced cucumber
- 1 tablespoon chopped basil
- 1 tablespoon chopped dill
- 1 tablespoon chopped green onion
- Other optional toppings: salsa, jalapeños, cilantro, black olives
- 1 cup cooked chickpeas
- 1 cup cooked lentils
- 1 teaspoon ground cumin
- 1 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoon onion powder
- 4 corn tortillas
- cooking spray
- 1 cup non-fat Greek yogurt