

WEEKLY SHOPPING LIST

SUN

WHITE BEAN LETTUCE WRAPS

- 1 avocado
- 2 tablespoons lemon juice, about 1 lemon
- 1 head romaine or butter lettuce
- 1/3 cup finely chopped fresh parsley
- 1 cup marinated artichoke hearts
- 1 15-ounce can white beans
- 1 cup finely chopped roasted red peppers
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon garlic powder



MON

MANGO QUINOA SALAD

- 1 cup mango
- 6 fresh basil leaves
- 1 cup shelled edamame
- 2 stalks green onion
- 1/2 cup red bell pepper
- 1/2 cup unsweetened flaked coconut
- 1/4 cup raisins
- 1/3 cup almonds
- 1 cup uncooked quinoa



TUES

GREEK PASTA SALAD

- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 1/2 cups cherry tomatoes
- 1 small clove garlic
- 1 1/2 cups diced cucumber
- 1/2 cup diced red onion
- 1 small handful chopped fresh parsley
- 1/3 cup olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon dried oregano
- 3/4 cup chopped kalamata olives
- 1 (8 ounce) box chickpea pasta
- 1 (15 ounce) can chickpeas
- 1 cup crumbled feta cheese



WED

ZUCCHINI QUESADILLAS

- 2 medium zucchini
- juice of 2 limes
- 1 small bunch of cilantro
- 3 medium heirloom tomatoes
- 3 fresh basil leaves
- 1 ear of corn
- 1/4 to 1/2 tsp chili powder
- 1 dash cider vinegar
- 6 tbsp olive oil
- 8 burrito-sized flour tortillas
- 8 oz fresh mozzarella
- 2 cups Greek yogurt
- 1/4 cup cotija cheese

THUR

ENCHILADA CASSEROLE

- 1 medium red bell pepper
- 1 small onion
- 1 small bunch of kale
- 3/4 cup corn
- 1–8oz pkg tempeh
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1–15oz can kidney or black beans
- 1/2 cup enchilada sauce
- 1/2 cup raw cashews
- 1 heaping cup chunky salsa