

WEEKLY SHOPPING LIST

SUN

SHEET PAN TEMPEH

- 1 lb baby red potatoes
- 1 small head cabbage
- handful chopped fresh parsley
- 8 ounces tempeh
- 1 small clove garlic
- 2 tablespoons tamari
- 4 tablespoons red wine vinegar
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 1/4 cup tahini
- 2 tablespoons dijon mustard



MON

PROBIOTIC MACRO BOWLS

- 1 spaghetti squash
- 1 large beet
- 1 large zucchini
- 2.5 ounces mixed leafy greens
- 1 cup sauerkraut
- 1/2 avocado
- 1/4 cup microgreens
- 2 Tbsp sunflower seeds
- 1/4 cup kefir
- 2 eggs



TUES

CRISPY BAKED TACOS

- 1/2 small onion
- 1 (14 ounce) bag Mann's Cauliflower Cauliettes
- Optional toppings: lettuce, onion, tomato, avocado
- 2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/3 cup chopped walnuts
- 10 Hard shell tacos
- 2 1/2 cups refried beans
- 1 1/4 cup grated cheese



WED

INDIAN RATATOUILLE

- 2 medium red onions
- 2 1/2 lb yukon gold potatoes
- 1 lb okra
- 2 tomatoes
- 2 jalapenos
- 3 red bell peppers
- 1/2 tsp fenugreek
- 1/2 tsp cumin seeds
- 1/2 tsp ajwain seeds
- 1/2 tsp black mustard seeds
- 1/4 tsp ground turmeric
- 5 cardamom pods
- 1/2 cup canola oil
- 2 tsp sugar
- 2 tbsp tamarind paste

THUR

ASIAN PEANUT NOODLES

- 4 red bell peppers
- 1/2 bunch cilantro
- 2 large handfuls spinach
- 1 tbsp minced ginger
- 3 garlic cloves
- 1 lb whole wheat spaghetti
- 1/2 cup peanuts
- 1/2 cup reduced sodium soy sauce
- 1/3 cup natural peanut butter
- 3 tbsp pure maple syrup
- 1 tbsp seasoned rice vinegar
- 1 tbsp toasted sesame oil (or olive oil)