

WEEKLY SHOPPING LIST

SUN

SUMMER HARVEST BOWLS

- 2 cups cubed butternut squash (about 1 medium squash)
- 3 cups chopped lacinato kale
- 1 lb green beans
- 1 pint cherry tomatoes
- 1 small lemon
- 2 cups cooked farro or brown rice (about 1 cup dry)
- 1/2 cup raw pecans (or other nut of choice)
- 2-3 garlic cloves
- 1/2 cup extra-virgin olive oil



MON

FAJITA OMELETTES

- 1 red bell pepper
- 1 green bell pepper
- 1/2 avocado
- 1/4 tsp paprika
- 1/4 tsp ground cumin
- 1/3 cup salsa
- 4 to 6 eggs
- 1/4 cup cotija cheese
- 1/4 cup plain yogurt



TUES

CHICKPEA SLOPPY JOES

- 1/4 cup diced onion
- 1 clove garlic
- 1 (8 oz) package tempeh
- 1 (15 oz) can chickpeas
- 1 cup marinara sauce
- 1 tablespoon maple syrup
- 1 tablespoon ketchup
- 2 teaspoons apple cider vinegar
- 1 teaspoons tamari
- 1 teaspoon chili powder
- 3/4 teaspoons smoked paprika
- 1/2 teaspoon mustard powder
- 1/2 teaspoon ground cumin
- 6 hamburger buns
- Coleslaw for topping, optional



WED

SKILLET BROWN RICE AND BEANS

- 1 red onion
- 2 ears corn
- 20 oz mixed baby heirloom tomatoes
- 5 scallions
- 1/4 cup minced fresh cilantro
- 1 tbsp lime juice
- 4 garlic cloves
- 1 cup brown rice
- 1 tsp cumin
- pinch of cayenne pepper
- 3 1/4 cups vegetable broth
- 2 (15 oz) cans black beans
- 2 tbsp extra virgin olive oil

THUR

CURRIED CHICKPEA SALAD

- 1/2 cup chopped green onions
- 1/2 small bunch cilantro
- 1 bell pepper
- juice of half a lemon
- 2 tsp apple cider vinegar
- 3 tbsp tahini
- 1 1/2 tbsp extra virgin olive oil
- 2 tbsp pure maple syrup
- 1 tbsp curry powder
- 1 tsp turmeric
- 2-15oz cans chickpeas
- 1/2 cup raisins
- 1/3 cup cashews