

WEEKLY SHOPPING LIST

SUN

EASY BLACK BEAN BURGERS

- 2 jalapeños
- 1/2 cup corn
- 3 garlic cloves
- 2 (15-ounce) cans black beans
- 2 tablespoons tomato paste
- 1 tablespoon flour (I used chickpea flour)
- 2 teaspoons ground cumin
- 2 teaspoons oregano
- 1/2 cup panko breadcrumbs
- 6 whole grain buns for serving



MON

AVOCADO PESTO ZOODLES

- 4 medium zucchini squash
- 3 cups baby spinach
- 1 avocado
- 1 lemon
- 2 cloves garlic
- 1 cup fresh basil
- 3/4 cup pine nuts
- 1/2 cup sun-dried tomatoes



TUES

VEGETARIAN STUFFED PEPPERS

- 3 cups riced cauliflower
- 6–8 bell peppers
- 2 medium sized tomatoes
- 1/4 cup diced onion
- 2 tablespoons chopped cilantro
- 1 1/2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 (15 oz) can black beans
- 1/2 cup enchilada sauce, or salsa
- 1 1/4 cup grated cheese



WED

FARMERS MARKET SALAD

- 16 basil leaves
- 5 oz baby kale
- 1 lb sugar snap peas
- 1 lb cherries
- 4 tbsp olive oil
- 4 tbsp balsamic vinegar
- 4 tsp whole grain mustard
- 4 tsp honey
- 1/2 cup roasted and salted sunflower seeds
- 4 oz feta, crumbled

THUR

BUDDHA BOWLS

- 2 heads broccoli
- 3 medium carrots
- 1 tsp minced ginger (optional)
- 2 cups cooked brown rice or quinoa
- 1/4 cup natural creamy peanut butter
- 1/4 cup almond milk
- 1–15oz can chickpeas
- 1 tbsp + 1 tsp reduced sodium soy sauce (sub tamari for gluten-free)
- 1 tbsp + 1 tsp pure maple syrup
- pinch red pepper flakes (optional)