

# WEEKLY SHOPPING LIST

SUN

## ONE-POT GARLICKY CHARD

- 1 shallot
- 2 garlic cloves
- 2 bunches swiss chard
- 1 lemon
- 1/4 cup vegetable broth
- 1 (15-ounce) can chickpeas
- 1 cup sundried tomatoes (dry or in olive oil)



WED

## SUMMER VEGETABLE CURRY

- 1 large carrot
- 1 yukon gold potato
- 1 bell pepper
- 1 zucchini squash
- 1 yellow squash
- 1 Tbsp fresh ginger
- 1 (14-ounce) can coconut milk
- 1/4 cup red curry paste
- cooked brown rice for serving

MON

## ISRAELI POWER SALAD

- 1 large sweet potato
- 1 bunch chard
- 1/3 cup fresh lemon juice
- 1/2 cup sliced green onions
- 2 cups thinly sliced red cabbage
- 3 Persian or mini seedless cucumbers
- 1/2 cup flat leaf parsley
- 1–15oz can chickpeas
- 2 tbsp za'atar
- 1/2 cup walnuts
- 1/3 cup tahini

THUR

## VEGAN ORANGE TOFU

- 1 (14 oz) container extra firm tofu
- 1 clove garlic
- 1/2 cup orange juice
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon garlic powder
- 1/4 teaspoon rice wine vinegar
- 4 teaspoons corn starch
- 3 tablespoons low sodium tamari
- 3 tablespoons toasted sesame oil
- 3 tablespoons pure maple syrup

TUES

## SUMMER CORN FETTUCCHINE

- 1 bunch scallions
- 2 cups corn kernels
- 1 bell pepper
- 1 jalapeno pepper
- 3 heirloom tomatoes
- 1/2 cup chopped cilantro
- 1 lb fettuccine
- 2 tbsp olive oil
- 4 oz queso fresco