

WEEKLY SHOPPING LIST

SUN

SPAGHETTI SQUASH BOWLS

- 2 large spaghetti squash
- 1 onion
- 3 garlic cloves
- 8 ounces mushrooms
- 1 bunch kale
- 1 lemon
- 2 tablespoons tomato paste
- 15-ounces diced tomatoes
- 1 teaspoon dried basil
- 2 teaspoons dried oregano
- 1 cup raw cashews



MON

THE BEST SHAKSHUKA

- 1 medium onion
- 1 red bell pepper
- 2 cloves garlic
- 1 jalapeño
- cilantro or parsley, for garnish
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp paprika
- 1/2 tsp oregano
- 1–14oz can diced tomatoes
- 4 large eggs



TUES

BUTTERNUT LENTIL BOLOGNESE

- 1 onion
- 1 lb butternut squash
- 3 garlic cloves
- 1 large bunch swiss chard
- ½ tsp dried thyme leaves
- 1 tsp dried oregano
- 2 tbsp tomato paste
- ½ cup red wine
- 28 oz whole peeled tomatoes
- 1 cup dried lentils
- ¼ cup extra virgin olive oil
- 1 lb rigatoni
- 8 oz mascarpone cheese



WED

GUACAMOLE SWEET POTATOES

- 4 medium sweet potatoes
- 3 large avocados
- 3 cloves garlic
- 1/4 cup lime juice
- 1 jalapeno
- 1 bunch green onion
- 1/2 cup fresh cilantro
- 1/2 cup shelled pistachios
- 2 cans black beans
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sesame seeds

THUR

PIZZA POLENTA BOWLS

- 2 bell peppers
- 1/2 yellow onion
- 2 cloves garlic
- 1 large handful baby spinach leaves
- 1 (28 ounce) can whole tomatoes
- 1 teaspoon herbs de Provence or dried oregano
- 1 cup corn grits
- 1 tablespoon Earth Balance, or butter
- 1 – 2 tablespoons nutritional yeast
- Optional toppings: fresh parsley, sliced black olives, any other pizza toppings you desire!