

WEEKLY SHOPPING LIST

SUN

THE BEST VEGAN CHILI

- 1 onion
- 2 bell peppers
- 8 ounces cremini mushrooms
- 3 garlic cloves
- toppings: avocado, diced red onion, cilantro
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 1 tablespoon tomato paste
- 15 ounces diced tomatoes
- 1 cup vegetable broth
- 1 15-ounce can kidney beans
- 1 15-ounce can lentils



MON

VEGAN STUFFED SHELLS

- 2–14oz pkg extra firm tofu
- 10oz tub roasted garlic hummus
- handful of fresh spinach or basil plus more for topping
- ½ cup nutritional yeast
- 1 tsp garlic powder
- 1 12oz box jumbo shells
- 1–32oz jar marinara sauce



TUES

SLOPPY JOE SWEET POTATOES

- 6 medium sweet potatoes
- 1 onion
- 1 medium carrot
- 4 cups broccoli florets
- 1 cup uncooked green lentils
- 1 tsp smoked paprika
- 1 tbsp ancho chili powder
- 1 (15 oz) canned fire roasted diced tomatoes
- ¼ cup tomato paste
- 2 tbsp apple cider vinegar
- 1½ tbsp maple syrup
- 1 cup vegetable broth
- ¼ cup unsweetened almond milk
- pickled jalapenos



WED

SPAGHETTI SQUASH STIR FRY

- 1 small spaghetti squash
- 1 large crown broccoli
- 1 cup red cabbage
- 2 large carrots
- 1.5-inch nub ginger
- 3 Tbsp avocado oil
- 3 Tbsp coconut aminos
- 2 Tbsp rice vinegar
- 1 to 3 tsp red chili sauce

THUR

VEGAN TACO BOWLS

- 1 zucchini
- 1 red bell pepper
- 1 (15 oz) can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 4 medium sized corn tortillas
- Optional toppings: cabbage, tomato, avocado, jalapeno cilantro, lettuce, onion, radish, limes