

WEEKLY SHOPPING LIST

SUN

PUMPKIN MAC N' CHEESE

- 2 large shallots
- 3-4 garlic cloves
- 15-ounces pumpkin purée
- 16-ounces macaroni
- 1 teaspoon vegetable bouillon
- 1/2 cup raw cashews
- 1/3 cup nutritional yeast
- 1 tablespoon white vinegar
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage



MON

SMOKY VEGETARIAN CHILI

- 1 medium onion
- 2 cloves garlic
- 1 bell pepper
- 8 oz sliced mushrooms
- 1 tbsp lime juice
- 1 cup corn kernels
- 3 chipotle peppers in adobo
- 1/2 cup walnut halves
- 2–15oz cans fire roasted tomatoes
- 3–15oz cans beans
- 1 cup vegetable broth
- 2 tsp oregano
- 1 tbsp cumin
- 1 1/2 tsp chili powder
- 1 tsp smoked paprika



TUES

SUMMER CORN FETTUCCHINE

- 1 medium onion
- 1 red bell pepper
- 12 oz carrots
- 5 oz baby chard
- 1 cup frozen corn
- 2 tsp chili powder
- 2 tsp cumin
- 4 garlic cloves, minced
- 4 cups vegetable broth
- 14 oz canned diced tomatoes
- 1 tbsp adobo sauce
- 1/3 cup red lentils
- tortilla chip and sour cream, for serving



WED

CARAMELIZED FIG PIZZA

- 1 large head cauliflower
- 1 large yellow onion
- 4 fresh figs
- 1/3 cup fresh basil
- 2 tsp Italian seasoning
- 2 eggs
- 1 cup asiago or mozzarella cheese
- 1/3 cup ricotta cheese

THUR

PESTO VEGETABLE PASTA

- 1 medium sized zucchini
- 1 medium sized summer squash
- 1 red pepper
- 1 cup pesto, store-bought or homemade
- 16 ounces pasta