

WEEKLY SHOPPING LIST

SUN

BUTTERNUT QUINOA CHILI

- 1 yellow onion
- 3 cloves garlic
- 1 jalapeños (or 1 poblano pepper)
- 1 medium-size butternut squash
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground chipotle pepper
- 1 14.5-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 3-4 cups vegetable broth
- 1 cup dry quinoa
- 1 15-ounce can pinto or kidney beans



MON

BROCCOLI CHEDDAR POTATOES

- 4 small sweet potatoes
- 2 large crowns broccoli
- 1/2 cup raw cashews
- 3 Tbsp tahini
- 1/2 cup nutritional yeast
- 1.5 Tbsp cider vinegar
- 1/4 tsp paprika



TUES

VEGAN LENTIL MINESTRONE

- 2 cups minced onion
- 1/4 cup chopped parsley
- 4 garlic cloves
- 3 carrots
- 1 bunch swiss chard
- 8 parsley branches
- 6 thyme sprigs
- 1 cup French green lentils
- 2 bay leaves
- 9 cups vegetable broth
- 12 oz pasta
- 2 tbsp tomato paste
- shavings of parmesan cheese



WED

PUMPKIN QUESADILLAS

- 1 cup pumpkin puree
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground cinnamon
- 1 cup black beans
- 1/2 cup roasted green chiles
- 8 corn tortillas
- Cooking spray or oil of choice
- 1 cup grated cheese

THUR

TEMPEH NOODLE BAKE

- 1/2 tablespoon fresh ginger
- 2 cloves garlic
- 1 package (8 ounces) tempeh
- 1 large butternut squash
- 1/2 medium onion
- 3/4 cup chopped fresh cremini mushrooms
- 3 tablespoons reduced-sodium tamari
- 2 tablespoons coconut or avocado oil
- 1 tablespoon apple cider vinegar
- Crushed red pepper flakes, to taste
- Sriracha or chili sauce, for serving