

WEEKLY SHOPPING LIST

SUN

THE BEST LENTIL SOUP

- 1 yellow onion
- 3 carrots
- 3 stalks celery
- 1 lemon
- 3 garlic cloves
- 1/2 teaspoon ground coriander
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 cup lentils
- 15- ounces diced tomatoes
- 4 cups vegetable broth
- 2 bay leafs



MON

STUFFED MUSHROOM PIZZAS

- 4 to 6 portobello mushrooms
- 3 cups baby spinach
- 3 cups cooked brown rice
- 4 cups tomato sauce of choice
- 2 cups mozzarella cheese



TUES

PIZZA BEANS

- 1 large onion
- 2 carrots
- 1 bunch curly kale leaves
- 2 large garlic cloves
- salt and red pepper flakes
- 1/4 cup white wine
- 28 oz canned crushed tomatoes
- 1 lb dried white beans
- 3/4 cup vegetable broth
- 1/2 lb mozzarella
- 1/3 cup grated parmesan cheese



WED

HIDDEN VEGGIE PASTA

- 4 cups baby spinach leaves
- 1 cup fresh basil leaves
- 1 clove garlic
- Juice of 1/2 lemon
- 1/4 cup olive oil
- 1/4 cup walnuts
- 1 pound pasta
- 1 (15 oz) can chickpeas
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/3 cup freshly grated parmesan cheese

THUR

WINTER SQUASH SALAD

- 4 cups cubed squash (I used butternut and sliced delicata)
- 5 oz mixed greens
- 2 tbsp finely minced shallots
- 1/2 cup pomegranate arils
- 1/2 cup walnuts
- 3 tbsp white wine vinegar
- 2 tsp honey or maple syrup
- 1 tsp Dijon mustard
- 7 tbsp extra virgin olive oil