

WEEKLY SHOPPING LIST

SUN

MEXICAN STUFFED PEPPERS

- 4 bell peppers
- 1 red onion
- 2 jalapeños
- 1 cup corn kernels
- 1 cup cooked rice
- 1 15-ounce can black beans
- 1 16-ounce jar salsa
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 cup shredded dairy-free cheese



WED

FALL HARVEST SALAD

- 1 medium sized butternut squash
- 1 large bunch curly kale
- 1 large apple
- 1/3 cup diced red onion
- chopped parsley for garnish
- 1/4 cup apple cider vinegar
- 3 tablespoons tahini
- 1 (15 ounce) can chickpeas
- 1/2 cup toasted walnuts
- 1 teaspoon dijon mustard
- 1 teaspoon pure maple syrup

MON

PESTO STUFFED SQUASH

- 2 medium spaghetti squash
- 2 crowns broccoli
- 2 cups fresh basil
- 1 cup raw pecans
- 1 Tbsp cider vinegar



THUR

CREAMY TOMATO PASTA

- 1/4 cup fresh basil leaves
- 3 cups spinach
- 6oz box whole wheat penne
- 14.5oz can fire roasted tomatoes
- 1/2 cup vegan ream cheese

TUES

THAI RED CURRY

- 1 head cauliflower
- 1 delicata squash
- 1 lime
- 2 garlic cloves
- 1 tsp grated fresh ginger
- 1/4 cup fresh basil leaves
- 2 tbsp packed light brown sugar
- 2 tsp Thai red curry paste
- pinch of red pepper flakes
- 1 (13.5 oz) can coconut milk
- 3 tbsp soy sauce