

WEEKLY SHOPPING LIST

SUN

BALSAMIC SHEET PAN TEMPEH

- 16 ounces cubed butternut squash
- 1 red onion
- 12 ounces red potatoes
- 1 bunch kale or 8 ounces brussels sprouts
- 16 ounces tempeh
- 4 tablespoons dijon mustard
- 2 tablespoons high heat oil
- 3 tablespoons balsamic vinegar
- 1/4 cup tahini
- 1 teaspoon pure maple syrup



MON

CREAM OF BROCCOLI SOUP

- 2 medium onions
- 2 stalks celery
- 3 carrots
- 3 cloves garlic
- 16 oz broccoli
- 3/4 cup raw cashews
- 2 tsp extra virgin olive oil



TUES

WINTER QUINOA SALAD

- 1 large carrot
- 1 large parsnip
- 1 small sweet potato
- 2 cups butternut squash
- 1/3 cup fresh parsley
- 1/3 cup walnuts
- 1 cup quinoa
- 1/3 cup cider vinegar
- 1 Tbsp pure maple syrup
- 1/2 cup avocado oil



WED

CURRIED CHICKPEA STEW

- 2 onions
- 5 garlic cloves
- 1/4 cup fresh cilantro
- 1 cup jasmine rice
- 1/2 tsp ground turmeric
- 3 cardamom pods, crushed
- 1 (3-inch) cinnamon stick
- 1 bay leaf
- 1 tbsp Madras curry powder
- 2 cups cooked chickpeas
- 14 oz canned fire-roasted diced tomatoes

THUR

GNOCCHI LASAGNA BAKE

- 1 medium zucchini
- 1/2 onion
- Fresh basil or parsley for garnish, if desired
- 1 (16 oz) package potato gnocchi
- 2 cups tomato sauce, or crushed tomatoes
- 1 cup grated mozzarella cheese
- 1/2 cup ricotta cheese