

WEEKLY SHOPPING LIST

SUN

CAULIFLOWER FRIED RICE

- 1 medium sized head of cauliflower
- 1 cup small diced carrots
- 3/4 cup green peas, fresh or frozen
- 1 large clove garlic
- 1 teaspoon freshly grated ginger
- optional garnish: sliced green onion, cilantro, peanuts, cashews
- 2 teaspoons sesame oil, or olive oil
- 2 tablespoons soy sauce, or tamari
- 4 large eggs



MON

SPINACH ARTICHOKE SQUASH

- 1 large spaghetti squash
- 1 medium red onion
- 2 cloves garlic
- 8oz pkg baby bell mushrooms
- 3 cups spinach
- 1/3 cup parsley
- 1–15oz can chickpeas
- 1–15oz can quartered artichoke hearts
- 1/2 cup raw cashews



TUES

BUTTERNUT SQUASH CURRY

- 1/2 medium onion
- 1 large jewel jam
- 1 small butternut squash
- 1-inch nub ginger
- 4 cloves garlic
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp garlic powder
- 1/4 tsp ground cardamom
- 1/2 tsp ground turmeric
- 15-ounce can full-fat coconut milk
- 1 cup vegetable broth



WED

LINGUINE WITH ZUCCHINI

- 4 garlic cloves
- 2 medium zucchini
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice, plus extra wedges for serving
- 1 (15 oz) can chickpeas
- 1 lb linguine
- 1/3 cup extra virgin olive oil
- 1/2 tsp red pepper flakes
- 2 oz pecorino romano cheese

THUR

MUSHROOM LENTIL LOAF

- 3 large carrots
- 1 large yellow onion
- 8 ounces crimini mushrooms
- 4 garlic cloves
- 1 green bell pepper or 3 ribs celery
- 1 cup panko breadcrumbs
- 1 cup flour
- 1/2 cup walnuts
- 1/2 cup sunflower seeds
- 4 tablespoons tomato paste
- 3 tablespoons vegan Worcestershire
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 1 tablespoon dried parsley
- 1 tablespoons ground chia or flax seed
- 1/3 cup ketchup
- 4 tablespoons balsamic vinegar
- 1 teaspoon maple syrup
- 1 cup dry brown lentils
- 3 cups vegetable broth