

# WEEKLY SHOPPING LIST

SUN

## EASY MINESTRONE SOUP

- 1 onion
- 3 carrots
- 3 ribs celery
- 3 garlic cloves
- 1 zucchini
- juice of 1 lemon
- 2 cups chopped lacinato kale
- 2 teaspoons dried oregano
- 15-ounces diced tomatoes
- 2 tablespoons tomato paste
- 6 cups vegetable broth
- 1 bay leaf
- 1/2 cup dry pasta of choice
- 2 15-ounce cans of beans



MON

## ROASTED POTATO SALAD

- 3 small to medium russet potatoes
- 1/4 cup chopped rosemary
- 2 cups sliced mushrooms
- 1/2 cup chopped shallot
- 2 bunches kale
- 1 cup cooked lentils
- 1/2 cup walnuts
- 1/4 cup champagne wine vinegar
- 2 tbsp Dijon mustard



TUES

## VEGAN MUSHROOM SOUP

- 1 small yellow onion
- 4 cloves garlic
- 1 large carrot
- 1 lb baby portobello mushrooms
- 1 cup wild rice
- 1/2 cup raw cashews
- 6 cups vegetable broth
- 2 tsp dried oregano
- 1 tsp dried rosemary
- 1 cup full-fat canned coconut milk
- 2 Tbsp nutritional yeast
- 1 tsp cider vinegar



WED

## INDIAN PANEER CHILI

- 1 medium onion
- 1 bell pepper
- 3 garlic cloves
- 1 lb sweet potato
- 2 tsp fresh ginger
- 2 tsp garam masala
- 1-2 tsp curry powder
- 1 tsp ground coriander
- 28 oz canned crushed tomatoes
- 2 cups cooked pinto or kidney beans
- 2 cups vegetable broth
- avocado and yogurt, for garnish
- 8 oz paneer

THUR

## CRISPY TOFU STEAKS

- 1 cup small diced celery
- 1 cup small diced carrot
- 1/2 large yellow onion
- 2 cloves garlic
- 1 (14 oz) package extra firm tofu
- 1 tablespoon tamari
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 flax egg, or 1 regular egg
- 1/4 cup almond meal
- 1 teaspoon Worcestershire sauce
- 1/4 cup chopped parsley
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon smoked paprika (optional)
- 1 cup crushed, toasted almonds