

WEEKLY SHOPPING LIST

SUN

BUTTERNUT KALE LASAGNA

- 2 cups cubed butternut squash
- 2 lemons
- 1 small onion
- 1 bunch lacinato kale
- 2 garlic cloves
- 2 teaspoons oregano
- 2 teaspoons basil
- 2 cups raw cashews
- 2 tablespoons nutritional yeast
- 28 ounces marinara
- 6 lasagna noodles



MON

CURRIED BUDDHA BOWL

- 1 head cauliflower
- 1 large sweet potato
- 4 Medjool dates
- 2 tsp fresh minced ginger
- 2 cups cooked brown rice or quinoa
- 1/2 cup raw almonds
- 1–1.5oz can chickpeas
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 2 tsp curry powder
- 1/2 tsp turmeric



TUES

LENTIL TORTILLA SOUP

- 1 onion
- 4 cloves garlic
- 1 lb baby spinach
- 2 medium sweet potatoes
- 1 tbsp ancho chili powder
- 2 tsp smoked paprika
- 2 (28 oz) cans whole peeled tomatoes
- 4 cups vegetable broth
- 1 cup black lentils
- avocado, cotija cheese, and tortilla chips to garnish
- 2 tsp unsalted butter



WED

TERIYAKI STIR FRY

- 6 cups broccoli florets
- 1 clove garlic, finely grated
- 1 1/2 teaspoons finely grated ginger
- 1 clove garlic
- 1 (15 oz) can chickpeas
- White rice or cauliflower rice for serving
- 1/3 cup tamari
- 1/4 cup pure maple syrup
- 1/4 cup toasted sesame oil
- 1 1/2 teaspoons arrowroot starch
- 1 teaspoon toasted sesame seeds

THUR

THAI LENTIL MEATLOAF

- 1/2 yellow onion
- 2 stalks celery
- 1 large carrot
- 1 cup mushrooms
- 5 cloves garlic
- 1-inch nub ginger
- 2 ounces baby spinach
- 1 1/2 cups cooked brown rice
- 1 1/2 cups cooked green lentils
- 1/4 cup tomato sauce
- 2 Tbsp balsamic vinegar
- 1/2 cup gluten-free all-purpose flour
- 1/4 cup nutritional yeast
- 1/2 cup raw pecans
- 1/3 cup dried cranberries
- 3 Tbsp ground flax seed
- 2 tsp yellow curry powder
- 3 Tbsp apricot preserves
- 1/3 cup ketchup