

WEEKLY SHOPPING LIST

SUN

CHEESY BROCCOLI SOUP

- 1 medium onion
- 1/2 cup finely chopped carrots
- 3 garlic cloves
- 3 cups diced russet potato
- 8 cups chopped broccoli florets
- 1 large lemon
- 3-4 cups vegetable broth
- 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- 4 tablespoons nutritional yeast
- 1 cup plain unsweetened non-dairy milk
- shredded vegan cheddar cheese and/or croutons



MON

EASY TERIYAKI STIR FRY

- 1 medium onion
- 3 cloves garlic
- 1 tbsp minced ginger
- 2 heaping cups shredded carrots
- 1 cup sliced bell pepper
- 1 large head broccoli
- 1/2 cups sugar snap peas
- 1 cup edamame
- sliced green onions
- 1-8oz can pineapple chunks
- 2 cups cooked brown rice or quinoa
- 3/4 cup roasted salted cashews
- 1/4 cup reduced-sodium soy sauce
- 2 tbsp maple syrup or honey
- 1 tbsp seasoned rice vinegar
- 1 tbsp chia seeds
- 2 tsp sriracha



TUES

PARMESAN PASTA

- 1 lb pasta, your favorite kind
- garlic powder, to taste
- 2 tablespoons butter
- 1/4 cup milk or half and half
- 1/2 cup grated parmesan cheese



WED

SWEET POTATO KALE SALAD

- 2 heads lacinato kale
- 1 large sweet potato
- 1/4 cup lemon juice
- 1/4 cup fresh parsley
- 1/4 cup fresh mint
- 1/3 cup raw walnuts
- 1/4 cup raw pumpkin seeds
- 1/3 cup avocado oil
- 2 to 4 large eggs
- 1/3 cup feta cheese crumbles

THUR

VEGETABLE HARVEST SALAD

- 1 sweet potato
- 1/2 medium butternut squash
- 1 lb brussels sprouts
- 3 tbsp sesame oil, divided
- 2 tbsp honey
- 3 tbsp tahini
- 1 tbsp gochuchang or sriracha
- 2 cups Israeli couscous
- 1 tbsp white wine vinegar