

WEEKLY SHOPPING LIST

SUN

BLACK EYED PEAS & GREENS

- 1 yellow onion
- 3 garlic cloves
- juice of 1/2 lemon
- 2 bunches greens (about 5 cups; swiss chard, collard greens, etc)
- 1 cup vegetable broth
- 2 (15-ounce) cans black eyed peas
- 1 teaspoon crushed red pepper



MON

CREAMY CAULIFLOWER SOUP

- 1 medium onion
- 2 cloves garlic
- 2 carrots
- 1 tbsp lemon juice
- 1 medium head broccoli
- 1 medium head cauliflower
- 1 small-medium potato
- 1/4 cup whole wheat pastry flour (or flour of choice)
- 4 cups vegetable broth
- 1 cup unsweetened plain almond milk
- 1/3 cup nutritional yeast



WED

INDIAN CHICKPEA CURRY

- 1 large onion
- 6 garlic cloves
- 2 red chili peppers
- 1-inch piece of ginger
- 1 lb sweet potatoes
- cilantro, to garnish
- 2 tbsp malt vinegar
- 3 tbsp peanut oil
- 1 tsp black mustard seeds
- 1 tsp black peppercorns
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tsp garam masala
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 15 oz canned cherry tomatoes
- 1 tsp brown sugar
- 15 oz coconut milk
- 2 (15 oz) can chickpeas

THUR

CHEESY TAQUITOS

- 5 cup diced potatoes
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 12 corn tortillas
- Cooking spray
- 3/4 cup grated cheese

TUES

YELLOW CURRY LENTILS

- 1/2 yellow onion
- 3 cloves garlic
- 1-inch nub fresh ginger
- 1 Tbsp ground cumin
- 2 tsp coriander
- 1 tsp paprika
- 1 tsp ground turmeric
- 1/4 tsp ground cardamom
- 1 1/2 cups green lentils
- Cooked basmati rice for serving
- 1/4 tsp cayenne pepper
- 1 (14-ounce) can full-fat coconut milk
- 5 ounces halloumi

