

WEEKLY SHOPPING LIST

SUN

VEGAN CHICKPEA POT PIE

- 2 leeks
- 2 carrots
- 2 parsnips
- 2 cups cubed butternut squash
- 8 ounces mushrooms
- 3 garlic cloves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 cup flour
- 2 cups vegetable broth
- 1/2 cup raw cashews
- 1 15-ounce can chickpeas
- 6 uncooked biscuits



MON

INSTANT POT WILD RICE SOUP

- 1 medium onion
- 4 medium carrots
- 4 ribs celery
- 8 oz sliced mushrooms
- 4 cloves garlic
- 2 cups fresh spinach
- 1 tsp dried thyme
- 1/2 tsp dried sage
- 3/4 cup uncooked wild rice
- 3/4 cup raw cashews
- 4 cups vegetable broth
- 1 tbsp soy sauce



TUES

SHAVED BRUSSELS SALAD

- 1 1/2 pounds brussel sprouts
- 2 cups chopped butternut squash
- 1 large fuji apple
- 1/3 cup pomegranate arils
- 1/3 cup pumpkin seeds
- 1/4 cup lemon juice
- 1 tbsp pure maple syrup
- 1/4 tsp ground cinnamon
- 1/2 cup feta cheese



WED

ROASTED CAULIFLOWER SOUP

- 1 head cauliflower
- 2 medium yukon gold potatoes
- 6 garlic cloves
- 4 tbsp olive oil
- 1 tsp ground cumin
- 1/8 tsp smoked paprika
- 4 cups vegetable broth
- 2 cups cooked chickpeas
- 1/2 cup heavy cream

THUR

BROCCOLI CHEESE CASSEROLE

- 6 cups broccoli florets
- 1 large shallot
- 2-3 cloves garlic
- 12 ounces cauliflower rice
- 1/4 cup unsweetened almond milk
- 1/2 cup diced toasted almonds
- 1 1/2 cups grated cheese, I used sharp white cheddar, divided