

# WEEKLY SHOPPING LIST



## SUNDAY

### COCONUT CURRY LENTILS WITH CAULIFLOWER

- 1 medium head cauliflower cut into bit sized florets
- 2 Tbsp olive or grape seed oil
- 1 Tbsp garam masala
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup dry split red lentils
- 2 Tbsp coconut oil
- 1 cup diced yellow onion
- 1 Tbsp minced garlic
- 3/4 cup full fat coconut milk\*
- 3/4 cup vegetable stock
- 3/4-1 cup water
- 1/2 tsp ground cumin
- 1 tsp garam masala
- 1/4 tsp ground turmeric
- 1/4 tsp pepper

## MONDAY

### LENTIL STUFFED PEPPERS

- 3 large bell peppers, halved and seeded (any color)
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1 small jalapeño, seeded and minced (optional)
- 3 cloves garlic, minced
- 1 10oz can diced tomatoes with green chilis, drained
- 2 teaspoons taco seasoning
- 1 cup cooked green or brown lentils (see note)
- 1 cup cooked white or brown rice
- 1 cup shredded cheddar or Monterey jack cheese
- Salsa, avocado, and/or sour cream for serving

## TUESDAY

### CHICKPEA AND VEGETABLE STIR FRY

- 2/3 cup soy sauce
- 1/2 cup vegetable broth
- 1/3 cup rice vinegar
- 1 tsp sesame oil
- 1 tbsp brown sugar
- 2 tsp gochujang
- 1 tsp grated ginger
- 2 tbsp cornstarch
- For the stir fry
- 1 tbsp grapeseed oil
- 10 oz frozen broccoli florets
- 10 oz frozen peas and carrots
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 2 cups sugar snap peas
- 1 (8 oz) can sliced water chestnuts, drained
- 1 (15 oz) can chickpeas, drained

## WEDNESDAY

### MINESTRONE SOUP

- 2 tbsp extra virgin olive oil
- 1 medium onion, diced
- 3 medium carrots, diced (1 cup)
- 3 stalks celery, diced (1 cup)
- 4 large cloves garlic, minced
- 1 small zucchini, diced (1 heaping cup)
- 1 cup green beans, trimmed and chopped
- 1 tsp dried basil
- 1 tsp oregano
- 1 (28) oz can diced tomatoes
- 4 cups vegetable broth
- 1 bay leaf
- 1 (15oz) can kidney or cannellini bean
- 3/4 cup dry elbow or shell pasta
- 1 cup chopped greens, optional
- 1/3 cup fresh parsley, chopped
- Juice of half a lemon, more to taste

## THURSDAY

### VEGAN BLACK BEAN TACOS

- 2 teaspoons olive oil
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 3 cans black beans, drained with liquid reserved
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- Salt and pepper, to taste
- 8 Corn tortillas

## DESSERT

### LEMON AND ALMOND CAKE

- Grated zest of 2 meyer lemons, + 1/2 cup lemon juice
- 3/4 cup whole milk
- 1/2 + 2/3 cup sugar
- 4 egg yolks + 3 large eggs
- 1/2 teaspoon fine sea salt
- 2 tablespoons cornstarch
- 18 tbsp unsalted butter
- 1 1/4 cups cake flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 6 oz almond paste, at room temperature
- 3 tablespoons canola oil
- 2 teaspoons pure vanilla extract
- 2/3 cup buttermilk, room temperature