

WEEKLY SHOPPING LIST



SUNDAY

SPAGHETTI WITH CAULIFLOWER

salt and black pepper, to taste
1 large head of cauliflower, cut into bite-sized florets
4 tbsp butter
½ cup minced parsley
1 tsp coarse mustard
¼ tsp red pepper flakes
1 lb spaghetti
¾ cup mascarpone cheese
2 tbsp olive oil
½ cup panko
½ cup grated parmesan cheese

MONDAY

FRESH MATAR PANEER

canola oil, for frying
1 lb hard paneer, cut into ½-inch cubes
6 garlic cloves, minced
1 lb ripe plum tomatoes, chopped
1¼ tsp salt
½ tsp ground black pepper
1 tsp ground cumin
1 tsp kashmiri chili powder
½ tsp ground turmeric
½ lb green beans, trimmed
½ lb snow peas
1½ cups peas (fresh or frozen)

TUESDAY

THAI TOFU ZOODLE SOUP

2 tbsp coconut oil, divided
1 lb super firm tofu, drained and cut into 1-inch cubes
1 sweet onion, diced
3 garlic cloves, minced
1 red bell pepper, thinly sliced
½ cup thinly sliced baby carrots
½ tsp minced fresh ginger
2 tbsp thai red curry paste
1½ cups vegetable broth
14 oz full fat coconut milk
8 oz sugar snap peas, trimmed
2 zucchini, spiralized
salt and black pepper, to taste
juice of 1 lime, to taste

WEDNESDAY

SUNNY CANNELLINI BEAN SALAD

¼ cup olive oil
4 garlic cloves, minced
¼ tsp red pepper flakes
1 red onion, halved and thinly sliced
12 oz roasted red peppers, drained and thinly sliced
1 lb lacinato kale, stemmed and thinly sliced
4 cups cooked cannellini beans
½ cup dry white wine
½ cup water
1 oz parmesan cheese, grated
lemon

THURSDAY

VEGETABLE AND CHEDDAR STRATA

1 tbsp olive oil
1 red onion, diced
2 red bell peppers, diced
1 bunch of kale, stems removed and leaves torn
3 garlic cloves, minced
1 tsp dried thyme leaves
½ tsp ground nutmeg
8 cups 1-inch cubes of bakery style whole grain bread
1½ cups shredded sharp cheddar
6 large eggs
3 cups milk

DESSERT

ALMOND POUND CAKE WITH RASPBERRY SWIRL

1½ cups (142 g) almond flour
1½ cups (181 g) all purpose flour
1½ tsp baking powder
½ tsp fine sea salt
8 oz (227 g) unsalted butter, room temperature
1½ cups (300 g) sugar
3 large eggs, room temperature
1 tsp vanilla extract
¼ tsp almond extract
¾ cup whole milk, room temperature
½ cup raspberry jam