

WEEKLY SHOPPING LIST



SUNDAY

APPLE, PEAR, AND WALNUT SALAD

2 firm d'anjou pears. Cored and diced
1 fuji apple. Cored and diced
1 cup cubed sharp cheddar cheese
1 cup finely chopped pecans
1 cup pomegranate arils
6 cups packed baby spinach leaves
2 tsp dijon mustard
3 tsp honey
6 tsp extra virgin olive oil
3 tsp water
sprinkle of pepper

MONDAY

PINTO BEAN SOUP

2 teaspoons olive oil
1 large yellow onion, diced
2 cloves garlic, minced
1 teaspoon cumin
2 cups vegetable broth
1 15oz can fire roasted tomatoes
2 15oz cans pinto beans, rinsed and drained
1 teaspoon salt (or to taste)
2 tablespoons lime juice

TUESDAY

PERSIMMON AND POMEGRANATE SALAD

¾ cup blanched hazelnuts
1 tbsp + 1 tsp hazelnut oil, divided
1 tbsp finely diced shallot + 2 small shallots, thinly sliced
3 tbsp pomegranate juice
½ cup pomegranate seeds
1 tbsp sherry vinegar
2 tsp rice vinegar
3 tbsp extra virgin olive oil
4 small fuyu persimmons, cut into ½-inch cubes
½ lb arugula
salt and black pepper, to taste

WEDNESDAY

CREAMY VEGAN TOMATO BASIL PASTA

16oz box whole grain penne
14.5oz can fire roasted tomatoes (do not drain)
1/2 cup cream cheese
1/4 cup fresh basil leaves, packed (plus more for garnish)
1/2 tsp kosher salt
3 cups spinach, chopped

THURSDAY

PIZZA SKILLET CASSEROLE

3 teaspoons olive oil, divided
4 large flour tortillas, diced into bite sized pieces I used gluten free
1 small zucchini, diced
1 small summer squash, diced
1 small red pepper, diced
1 small green pepper, diced
1/2 small onion, diced
2 cloves garlic, minced
1/2 teaspoon dried Italian seasoning
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cups tomato sauce
1 cup shredded cheese, I used non-dairy

DESSERT

CHERRY, ORANGE, PISTACHIO BREAD

2 medium overripe (brown and spotted) bananas
1/4 cup orange juice
2 large eggs (sub 2 tbsp ground flax + 6 tbsp water for vegan version)
1/3 cup pure maple syrup
1/4 cup avocado or melted coconut oil
1 tsp vanilla extract
1 1/4 cups super fine almond flour, packed (really pack it in there!)
1 cup certified GF oat flour
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp fine sea salt
1 tbsp orange zest (from 2 medium oranges)
1/2 or 3/4 cup Montmorency tart cherries
1/4 cup pistachios, chopped