

WEEKLY SHOPPING LIST



SUNDAY

GRAPEFRUIT QUINOA SALAD

1 cup dry quinoa
2 cups water
3 Tbsp extra virgin olive oil, divided
3 ruby grapefruits
1 15oz can chickpeas, drained and rinsed
1 cup roughly chopped walnuts
2 Tbsp roughly chopped fresh mint leaves
1 Tbsp roughly chopped fresh tarragon leaves
1/2 cup roughly chopped fresh basil leaves
1/3 cup crumbled feta cheese
2 Tbsp distilled white vinegar
salt and pepper

MONDAY

RED PEPPER AND TOMATO SOUP

1 tablespoon olive oil
1 medium yellow onion, chopped
2 red bell peppers, chopped
4 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon smoked paprika
1/8 teaspoon red pepper flakes
1 tablespoon tomato paste
1 teaspoon lemon juice
4 cups vegetable broth
1 28oz can fire roasted diced tomatoes
Pinch of granulated sugar (optional)
Additional salt, to taste

TUESDAY

SWEET POTATO VINDALOO

4 tbsp canola oil
6 cloves
1 star anise
20 black peppercorns
3-inch cinnamon stick
2 tsp cumin seeds
6 garlic cloves, minced
1 1/4-inch piece of ginger, peeled and grated
5 tbsp white wine vinegar
3/4 tsp kashmiri chili powder
2 medium onions, thinly sliced
1 tsp salt
1 tsp sugar
14 oz can crushed tomatoes
2 lb sweet potatoes, peeled and cut into 1-inch chunks

WEDNESDAY

VEGAN CHILI CORNBREAD CASSEROLE

1 tbsp extra virgin olive oil
1 large onion, diced
3 cloves garlic, minced
2 carrots, diced
2 celery stalks, finely diced
1 bell pepper, diced
1/4 cup tomato paste
1 1/2 tsp chili powder
2 tsp cumin
1 tsp smoked paprika
1 tsp oregano
3/4 tsp salt, to taste
freshly ground black pepper
1 (28 oz.) can diced tomatoes
1 (15 oz.) can black bean
2 (15 oz.) can kidney beans
1 cup water

For the cornbread topping:
1 tbsp ground flax seeds + 3 tbsp warm water
1 1/4 cups almond milk + 2 tsp apple cider vinegar
1 1/4 cups whole grain cornmeal
3/4 cup white whole wheat flour (sub all-purpose gluten-free flour if necessary)
1 tbsp baking powder
1 tsp kosher salt
1/3 cup avocado oil or coconut oil, melted
2 tbsp maple syrup

THURSDAY

TEMPEH AND CHICKPEA SLOPPY JOES

1 teaspoon olive oil
1/4 cup diced onion
1 clove garlic, minced
1 (8 oz) package tempeh, crumbled
1 (15 oz) can chickpeas, drained and rinsed
1 cup marinara sauce
1 tablespoon maple syrup
1 tablespoon ketchup
2 teaspoons apple cider vinegar
1 teaspoons tamari
1 teaspoon chili powder
3/4 teaspoons smoked paprika
1/2 teaspoon mustard powder
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon black pepper
6 hamburger buns

DESSERT

CHICKPEA CHOCOLATE CHIP COOKIES

1 15oz can chickpeas, rinsed and drained
1/2 cup smooth almond butter or cashew butter, unsalted
1/2 cup maple syrup
2 teaspoons vanilla
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup dark chocolate chips