

WEEKLY SHOPPING LIST



SUNDAY

HEALTHY BROCCOLI

CHEDDAR SOUP

- 1 15 oz can cannellini or great northern beans.
- 2 Tbsp extra virgin olive oil or coconut oil
- 1 medium sweet, yellow onion, diced. About 2 cups
- 2 cloves garlic, minced
- 5 cups small, bite sized broccoli florets
- 4 cups vegetable stock
- 1 packed cup shredded sharp cheddar cheese
- 1/2 cup milk of your choice (I used whole milk)
- Salt and pepper

MONDAY

VEGAN LENTIL TACOS

- 1 teaspoon olive oil
- 1 large white onion, diced
- 2 cloves garlic, minced
- 3/4 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon dried oregano
- 1 cup French green lentils or brown lentils
- 2 1/2 cups vegetable broth
- 6 corn or flour tortillas
- Optional toppings: avocado, pico de gallo, diced bell peppers, etc.

TUESDAY

SPICY PEANUT RICE NOODLE BOWLS

- 4 tbsp vegetable oil
- 2 Thai or jalapeno chiles, seeded and minced
- 3 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1 1/2 tsp Thai red curry paste
- 1/2 cup creamy peanut butter
- 3 tbsp seasoned rice vinegar
- 2 tbsp soy sauce
- 1 tbsp sugar
- 1 cup shredded carrots
- 2 tbsp seasoned rice vinegar
- 12 oz rice noodles
- 2 cups frozen edamame
- 4 cups shredded red cabbage
- 1/2 cup dry-roasted peanuts, chopped
- 2 tbsp torn fresh Thai basil
- lime wedges

WEDNESDAY

VEGAN MEDITERRANEAN MEAL PREP BOWLS

- For the roasted veggies:
- 2 large sweet potatoes, diced
- 16oz fresh or frozen green beans, trimmed*
- 1 1/2 tbsp oil of choice, divided
- 1 tsp kosher salt, divided
- For the lemon tahini sauce:
- 1/4 cup tahini
- 2 tbsp lemon juice
- 2 tbsp water
- 1/2 tsp garlic powder
- 1/4 tsp kosher salt
- Freshly ground black epper
- For assembly:
- 1-6oz jar marinated artichoke hearts in oil, chopped
- 1-15oz can chickpeas
- 3 cups arugula
- 1 avocado, diced (optional)

THURSDAY

PIZZA POLENTA BOWLS

- 2 teaspoons olive oil
- 1 small red pepper, diced
- 1 small green pepper, diced
- 1/2 yellow onion, diced
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 2 cloves garlic, minced
- 1 (28 ounce) can whole San Marzano tomatoes, slightly drained
- 1 teaspoon herbs de Provence or dried oregano
- 1 large handful baby spinach leaves
- Optional toppings: fresh parsley, sliced black olives, any other pizza toppings you desire!
- POLENTA:
- 3 cups water
- 1 cup corn grits
- 1/2 teaspoon salt
- 1 tablespoon Earth Balance, or butter (optional)
- 1 - 2 tablespoons nutritional yeast (optional)

DESSERT

CHOCOLATE COCONUT CUPCAKES

- 2 cups Enjoy Life Foods Gluten Free All Purpose Flour Mix
- 1 cup cocoa powder, sifted
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 cup vegan butter, softened
- 3/4 cup granulated sugar
- 2/3 cup packed light brown brown sugar
- 1/2 cup unsweetened apple sauce (or 2 eggs if not making vegan)
- 2 1/2 teaspoons vanilla extract
- 1 cup unsweetened non-dairy milk, your favorite kind
- 1 cup plain non-dairy yogurt, I used coconut yogurt
- 1 1/2 cups unsweetened shredded coconut
- CHOCOLATE WHIPPED CREAM:
- 2 (15 oz) cans coconut cream
- 1/4 cup powdered sugar
- 2 tablespoons cocoa powder, sifted