

# WEEKLY SHOPPING LIST



## SUNDAY

### BUTTERNUT AND BLACK BEAN TACOS

- 2 cups diced and peeled butternut squash\*
- 2 cups chopped baby bella mushrooms
- 1 14.5oz can black beans, rinsed and drained
- 1 cup chopped yellow onion
- 1 Tbsp sunflower oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp salt, or more to taste
- 1/4 tsp dried oregano
- 1/4 tsp paprika
- pinch of cayenne pepper
- 2 cups chopped tomatillos, with husks removed
- 8 corn tortillas
- 1 cup shredded cabbage
- 1 jalapeno, thinly sliced
- 8 small lime wedges

## MONDAY

### CHILI VERDE SOUP

- 2 cups vegetable broth
- 1 15oz can cannellini, rinsed and drained
- 1 15oz can chickpeas
- 1 cup salsa verde
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1 avocado

## TUESDAY

### LOADED LEMONY GREEK SALAD BOWLS

- 1.5 cups bulgur
- 3 cups water
- 1 pint grape tomatoes, halved
- 3 mini seedless cucumbers, diced
- 1/2 lb chopped roasted red peppers
- 1 (15 oz) can black olives, drained and sliced
- 5 oz feta, crumbled
- 1/2 red onion, diced
- 1 (15 oz) can chickpeas, drained and rinsed
- juice of 2 lemons
- 1/4 cup olive oil
- salt and black pepper, to taste

## WEDNESDAY

### CREAMY VEGETABLE CHICKPEA CURRY

- 1 1/2 cups brown basmati rice, rinsed
- 1 1/2 tsp sea salt, divided
- 1/2 cup raw cashews
- 2 cups So Delicious Organic Almondmilk with Cashew
- 1 tbsp coconut or avocado oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, peeled and minced
- 1 bunch asparagus
- 1 red bell pepper, thinly sliced
- 1 large sweet potato, diced (about 2 cups)
- 1 large carrot, sliced on the diagonal
- 3 tbsp curry powder
- 1/2 cup frozen peas
- 1-15oz can chickpeas, drained and rinsed
- 1 tbsp tamari\*
- Sriracha and fresh chopped basil or cilantro, optional

## THURSDAY

### THAI VEGETABLE PIZZA

- 1 1/2 teaspoons olive oil
- 1/4 small red onion, thinly sliced
- 1 small red pepper, thinly sliced
- 1 medium carrot, shredded
- 1 cup thinly sliced snow peas
- 1 large baby bok choy, thinly chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- Red pepper flakes, to taste
- Peanut sauce, homemade or store bought (1-2 tbsps for each pita)
- 6 pitas
- 6-8 tablespoons shredded cheese, I used vegan cheese

## DESSERT

### CHOCOLATE PEANUT BUTTER FUDGE

- 2/3 cup melted extra virgin coconut oil + more for greasing pan
- 1 cup all-natural crunchy salted peanut butter
- 1/2 tsp pure vanilla extract
- 2/3 cup raw cacao powder
- 1/3 cup pure maple syrup
- 1/8 cup melted extra virgin coconut oil
- 1/4 cup all-natural crunchy salted peanut butter