

WEEKLY SHOPPING

LIST



SUNDAY

ROASTED SWEET POTATO TACOS

2 large garnet sweet potatoes, cut into 1/2" thick wedges
1 Tbsp + 1 tsp kosher salt, divided
1 1/2 cups winter ale
2 Tbsp extra virgin olive oil
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp freshly ground black pepper
12 small corn tortillas
1 cup frozen corn kernels, thawed
1 medium avocado, peeled, pitted, and diced
1/2 medium white onion, chopped
1/4 cup chopped fresh cilantro leaves
hot pepper sauce for serving

MONDAY

SHEET PAN FAJITAS

3 bell peppers (any color), thinly sliced
1 large yellow onion, thinly sliced
1 15oz can pinto beans, drained, rinsed, and patted dry
1 tablespoon olive oil
1/4 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 cup shredded cheddar cheese
Rice, avocado, salsa, and tortillas for serving (optional)

TUESDAY

RED LENTIL, TOMATO, AND COCONUT SOUP

2 tbsp coconut oil
1 onion, minced
1 tbsp Madras curry powder
1/4 tsp crushed red pepper flakes
2 garlic cloves, grated
2-inch (5 cm) piece of ginger, minced
3/4 cup (150 g) red lentils, rinsed and drained
1 (14.5 oz/400 g) can diced tomatoes
1 1/4 cups (25 g) cilantro (stems and leaves), roughly chopped
2 1/2 cups (600 mL) water
salt and black pepper, to taste
1 (13.5 oz/400 mL) can coconut milk

WEDNESDAY

VEGAN BUDDHA BOWLS WITH PEANUT SAUCE

1-15oz can chickpeas, drained and rinsed
2 heads broccoli, chopped into florets
3 medium carrots, chopped (1 heaping cup)
1 tbsp extra virgin olive oil
Salt and freshly ground black pepper, to taste
2 cups cooked brown rice or quinoa
For the sauce:
1/4 cup natural creamy peanut butter
1/4 cup almond milk (more if needed to thin)
1 tbsp + 1 tsp reduced sodium soy sauce (sub tamari for gluten-free)
1 tbsp + 1 tsp pure maple syrup
splash of lime juice or rice vinegar (optional)
1 tsp minced ginger (optional) and a pinch red pepper flakes (optional)

THURSDAY

CURRIED CHICKPEA LETTUCE WRAPS

1 (15 oz) can chickpeas, drained and rinsed
1 (6 oz) package baked tofu
1/2 cup chopped celery
1/2 cup red grapes, cut in half
1/4 cup + 1 tablespoon mayo, I used vegan mayo
1/4 cup chopped onion
1/4 cup chopped cashews
1 teaspoon curry powder
Butter lettuce or romaine lettuce, anything that will give you a good cup

DESSERT

CHOCOLATE CAKE WITH PEANUT BUTTER FROSTING

1 3/4 cups plus 2 tbsp. (9 3/4 oz.) all-purpose flour
1 1/2 cups (4 1/2 oz.) unsweetened Dutch process cocoa powder
1 tbsp. instant espresso or coffee powder
3/4 cup sour cream
1 tbsp. vanilla extract
1 1/2 cups (3 sticks) unsalted butter, at room temperature
2 1/2 cups plus 2 tbsp. (18 1/2 oz.) sugar
3 large eggs, at room temperature
1 1/4 tsp. baking soda
3/4 tsp. salt
For the peanut butter frosting
3/4 cup heavy cream, chilled
3 1/4 cups confectioners' sugar, sifted, divided
1 1/2 cups (3 sticks) unsalted butter, at room temperature
1 cup creamy peanut butter
1 tbsp. vanilla extract
mini peanut butter cups, to garnish