

WEEKLY SHOPPING LIST



SUNDAY

LENTIL STUFFED SQUASH

- 2 Tbsp olive oil
- 2 Tbsp minced shallot
- 3 cups sliced cremini mushrooms
- 1 cup rinsed brown pardina lentils
- 2 tsp dried thyme leaves
- 2 tsp ground sage
- 2 whole dried bay leaves
- 2 cups vegetable broth
- 1 cup chopped pecans
- 1 1/2 cups dried cranberries
- 1/2 Tbsp freshly squeezed lemon juice
- salt and pepper
- 2 large delicata squash
- 2 Tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsp chopped fresh parsley leaves

MONDAY

FARRO GRAIN BOWL

- 1 cup uncooked pearled farro (see note)
- 15oz chickpeas, drained and rinsed
- 3 cups broccoli, chopped
- 2 tablespoons olive oil, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon tahini
- 1/4 teaspoon salt

TUESDAY

MOROCCAN ROASTED SHEET PAN DINNER

- 4 lb kabocha squash, peeled and cut into 1-inch thick wedges
- 3 onions, cut into thick wedges
- 1 medium cauliflower, cut into florets
- 1 lb baby potatoes, scrubbed and quartered
- 1 tsp aleppo pepper flakes
- 1-inch piece of fresh ginger, peeled and grated
- 1/2 tbsp cumin
- 1 tbsp harissa
- 7 tbsp olive oil
- 3 cups chickpeas, drained and rinsed
- 4 garlic cloves, thinly sliced
- 8 oz cherry tomatoes
- juice of 1/2 lemon
- cilantro, to garnish
- cooked couscous, to serve

WEDNESDAY

VEGAN BROCCOLI AND CAULIFLOWER SOUP

- 2 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 medium head broccoli, finely chopped (florets and stalk, about 4 cups)
- 1 medium head cauliflower, finely chopped (about 4 cups)
- 1 small-medium potato, diced
- 1/4 cup whole wheat pastry flour (or flour of choice)
- 4 cups vegetable broth
- 1 cup unsweetened, unflavored almond milk (not coconut milk)
- 1/3 cup nutritional yeast
- 1 1/2 tsp kosher salt (to taste)
- Freshly ground black pepper
- 1 tbsp lemon juice

THURSDAY

HUMMUS FLATBREAD

- 2 teaspoons olive oil
- 1 red bell pepper
- 1 medium sized zucchini
- 1 medium sized yellow summer squash
- 1/2 small onion
- 2 cloves garlic, minced
- 2 1/2 teaspoons balsamic vinegar
- 8-10 tablespoons hummus
- 1/4 cup crumbled feta cheese
- 4 small pre-baked flatbreads or pitas
- Salt and Pepper
- Fresh herbs for topping, if desired

DESSERT

SALTED PISTACHIO SHORTBREAD

- 3/4 cup shelled pistachios
- 1/3 cup powdered sugar
- 1/2 cup unsalted butter
- 1/2 tsp kosher salt
- 3/4 cup flour
- flaky sea salt