

WEEKLY SHOPPING LIST



SUNDAY

BBQ CHICKPEA VEGGIE RICE BOWL

- 1 15 oz can chickpeas, drained and rinsed
- 1 medium head broccoli, chopped into bite-size florets
- 2 medium red bell peppers, seeded and sliced (or color of your choice)
- 1 medium red onion, halved and sliced
- 2 Tbsp olive oil
- 1/4 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste
- 2 cups cooked brown rice
- 1 medium avocado, peel and pit removed, diced
- 1/4 cup fresh cilantro, chopped
- 1 cup homemade or store-bought bbq sauce

MONDAY

CHIPOTLE BLACK BEAN BURGER

- 2 tablespoons avocado oil or olive oil
- 1 scallion, finely chopped
- 1 small yellow onion, chopped
- 1 small poblano pepper, chopped (about 1/2 cup)
- 4 cloves garlic, minced
- 1 15oz can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup quick-cooking oats
- 2 tablespoon chipotle mayo
- 1/4 cup vegan mayo (I like "Just" mayo)
- 1 chipotle pepper in adobo sauce, finely chopped
- 1 teaspoon adobo sauce (if desired for extra spice)
- 1 tablespoon lime juice

TUESDAY

ROASTED VEGGIE FAJITA LETTUCE WRAPS

1 1/2 lb sweet potatoes	For the chipotle crema
2 bell peppers, thinly sliced	1/2 cup sour cream
1 red onion, thinly sliced	1/2 cup half and half
1/2 cup olive oil	1 tsp adobo sauce
1 lime, juiced	
1 tbsp brown sugar	
1 tbsp chili powder	
1/2 tsp garlic powder	
1/4 tsp dried oregano	
1/2 tsp smoked paprika	
1 1/2 tsp ground cumin	
1 tsp kosher salt	
1 tsp black pepper	
5 oz butter lettuce leaves	
1/2 cup queso blanco or queso fresco, crumbled	

WEDNESDAY

INSTANT POT LENTIL SOUP

- 1 large onion, diced
- 3 stalks of celery, diced (can sub fennel)
- 3 carrots, diced
- 4 cloves garlic, minced
- 1 cup dry green or brown lentils, rinsed and picked over
- 4 cups vegetables broth + 1 cup water
- 1 1/2 tsp kosher salt, to taste
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1 medium Russet or red potato, diced
- 3 cups chopped greens (spinach, baby bok choy, chard)
- 1-2 tbsp lemon juice or red wine vinegar, to taste
- Freshly ground black pepper

THURSDAY

SUN-DRIED TOMATO QUESADILLAS

- 1 heaping cup broccoli florets
- 1 cup sun-dried tomatoes, drained and rinsed if using the ones pack in oil
- 2 cloves garlic, roughly chopped
- 1 cup white beans, great northern or cannelloni
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup shredded cheese, or more if desired
- 4 large tortillas
- Olive oil or butter for frying

DESSERT

CARAMEL BLONDIES

- 3 cups (384 g) all purpose flour
- 2 1/4 tsp baking powder
- 1 tsp flaky sea salt
- 1/2 tsp fine sea salt
- 2 cups + 2 tbsp (480 g) packed dark brown sugar
- 3 large eggs, cold
- 1 large egg yolk, cold
- 1 tsp vanilla extract
- 1 1/2 cups (339 g) unsalted butter, browned and cooled to room temperature
- 1 cup chocolate chips
- 1 cup chopped pecans