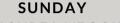
WEEKLY SHOPPING



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 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

1½ lb sweet potatoesFor the c2 bell peppers, thinly sliced½ cup so1 red onion, thinly sliced½ cup ha½ cup olive oil1 tbsp ac½ cup olive oil1 tbsp ac1 lime, juiced1 tbsp brown sugar1 tbsp chili powder½ tsp garlic powder½ tsp garlic powder½ tsp ground cumin1 tsp kosher salt1 tsp black pepper5 oz butter lettuce leaves½ cup queso blanco or queso fresco, crumbled

For the chipotle crema ½ cup sour cream ⅓ cup half and half 1 tbsp adobo sauce

- 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 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 2¼ tsp baking powder 1 tsp flaky sea salt ½ tsp fine sea salt 2 cups + 2 tbsp (480 g) packed dark brown sugar 3 large eggs, cold 1 large eggs yolk, cold 1 tbsp vanilla extract 1½ cups (339 g) unsalted butter, browned and cooled to room temperature 1 cup chocolate chips 1 cup chopped pecans