

WEEKLY SHOPPING LIST



SUNDAY

PINTO BEAN TACO LETTUCE

WRAPS

- 1 1/2 cups raw pecans
- 3/4 cup chopped red onion
- 1 Tbsp chili powder
- 1 1/2 tsp ground cumin
- 3/4 tsp salt
- 1/2 tsp ground coriander
- 1 pinch cayenne pepper
- 2 15 ounce cans pinto beans, drained and rinsed
- 2 tsp sunflower oil or olive oil
- 8 large romaine lettuce leaves or 12 small leaves
- diced avocado, salsa, vegan sour cream, and fresh cilantro for serving

MONDAY

CHICKPEA CURRY

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 3 cloves garlic, peeled and minced
- 1 teaspoon ground coriander
- 1 tablespoon fresh ginger, peeled and minced
- 1 13-ounce can coconut milk (I used lite but you can use regular if you like)
- 3 tablespoons Thai red curry paste
- 1 15oz can chickpeas, rinsed and drained
- 1 teaspoon salt
- 1 tablespoon lime juice
- Rice, quinoa or naan for serving

TUESDAY

BLACK-EYED PEA STEW

- 1 leek, thinly sliced
- 1 tablespoon olive oil
- 2 cloves garlic, thinly sliced
- pinch of red pepper flakes
- 1 3/4 cups cooked black-eyed peas
- 1 teaspoon vegetable stock powder (I used Better Than Bouillon)
- pinch of nutmeg
- juice of half a lemon
- 1 bunch swiss chard, stalks thinly sliced and leaves finely shredded
- A large bunch of parsley
- 2 jalapeno peppers, seeded
- 2 garlic cloves
- 1 ounce walnuts
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- Juice of 1/2 a lemon
- Sea salt and freshly ground pepper

WEDNESDAY

MEDITERRANEAN VEGETABLE PASTA

- 12 oz whole grain fusilli pasta (love it with this gluten-free pasta)
- 1 (14.5oz) can brined artichoke hearts, drained and chopped
- 1 (14.5oz) can chickpeas, drained and rinsed
- 1/3 cup kalamata olives, chopped (can sub capers)
- 1/2 cup crumbled feta (omit for vegan)
- 1/4 cup fresh Italian parsley, chopped
- 2 cups fresh spinach, chopped
- 1 (20oz) jar Vero Gusto by Barilla Sicilian Herb Sauce

THURSDAY

TOFU BROCCOLI PASTA

- 1 lb pasta
- 3-4 cups small diced broccoli
- 1 (14 oz) package extra firm tofu
- 1 1/2 tbsp + 2 tsp olive oil, divided
- 2 tbsp Tamari or soy sauce
- 2 tbsp nutritional yeast
- 3/4 teaspoon granulated garlic
- 1/2 teaspoon dried herbs, I like herbs de Provence
- 1 tsp salt, or more to taste
- 1/2 tsp black pepper

DESSERT

HEALTHY SNICKERDOODLES

- 1 1/4 cups almond flour
- 1/4 cup coconut flour
- 1 tsp pure vanilla extract
- 6 tbsp organic cane sugar
- 6 tbsp butter, softened
- 1 large egg
- 1/2 tsp cinnamon
- 1/4 tsp fine sea salt
- 1/4 tsp baking soda
- 1/4 tsp cream of tartar
- For rolling:
- 2 tbsp organic cane sugar
- 1 1/2 tsp cinnamon