

WEEKLY SHOPPING LIST



SUNDAY

LEMON CHICKPEA ORZO SOUP

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 2 large carrots, diced
- 3 large celery stalks, diced
- 1 heaping Tbsp minced garlic
- 1 cup dried orzo pasta
- 8 cups chickenless broth*
- 3 large eggs
- 3 Tbsp freshly squeezed lemon juice
- 1 14.5 oz can chickpeas, drained and rinsed
- 2-3 tsp salt
- 2-3 tsp pepper

MONDAY

VEGETARIAN ENCHILADA SOUP

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 green bell pepper, chopped
- 1 small jalapeño seeded and diced (optional)
- 2 cups vegetable broth
- 1 cup enchilada sauce
- 1 cup corn
- 1 (10oz) can diced tomatoes with green chilis
- 1 (15oz) can black beans drained and rinsed
- 4 oz cream cheese

TUESDAY

SMOKY BLACK BEAN AND TOFU SCRAMBLE TACOS

- 9 oz cherry tomatoes, roughly chopped
- red pepper flakes, to taste
- 2 limes
- salt and black pepper, to taste
- olive oil
- 6 scallions, thinly sliced
- 2 garlic cloves, finely sliced
- a bunch of cilantro, stalks and leaves separated and minced
- 1 tsp hot smoked paprika
- 1 (15 oz) can black beans, drained
- 1 lb tofu, crumbled into bite-sized pieces
- 8 flour or corn tortillas

WEDNESDAY

VEGAN POWER MAC AND CHEESE

- 1 cup raw cashews
- 8 oz whole grain elbow pasta (use gluten-free if necessary)
- 2 crowns broccoli, chopped into bite-size florets
- 1/2 tbsp olive oil
- 1 medium onion, diced
- 1 tsp garlic powder
- 1 tsp salt (more to taste)
- 1/2 tsp turmeric
- 1/2 tsp paprika
- Pinch of red pepper flakes
- 2 tbsp lemon juice
- 1 1/4 cups water
- 1/4 cup nutritional yeast
- 2 cups spinach (or greens of choice) chopped into ribbons

THURSDAY

CRISPY TERIYAKI CAULIFLOWER

- 1 medium sized head cauliflower
- 1 cup flour
- 1 cup plain, unsweetened almond milk, or other plant based milk
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cups panko breadcrumbs
- Optional garnishes: sesame seeds, sliced green onion, cilantro
- Teriyaki Sauce:
 - 2/3 cup water
 - 2/3 cup tamari, I like to use low sodium
 - 1/2 cup pure maple syrup
 - 1/2 cup toasted sesame oil
 - 1 large clove garlic, finely grated
 - 1 1/2 teaspoons finely grated ginger
 - 2 1/2 teaspoons cornstarch

DESSERT

CHOCOLATE CHIP ALMOND BUTTER COOKIES

- 1/2 cup smooth almond butter
- 1/2 cup agave (see notes for substitutions)
- 2 tablespoons applesauce (see notes for substitutions)
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour or all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup mini chocolate chips