

WEEKLY SHOPPING LIST



SUNDAY KALE SAAG PANEER

12 oz paneer cheese, cubed
1/4 cup plain yogurt
1 1/2 tsp ground turmeric, divided
5 tsp garam masala, divided
2 tsp ground cumin, divided
5 Tbsp ghee or butter, divided
1 medium red onion, diced
4 medium garlic cloves, minced
1 2" piece fresh ginger, peeled and minced
1/2 tsp ground cayenne
8 cups packed kale, stems removed and leaves chopped (about 2 bunches)
4 cups packed mustard greens, chopped
4 cups packed spinach, chopped
1/4 cup water
1 cup heavy cream
salt and pepper
fresh cilantro, cooked basmati rice, yogurt, and naan bread for serving

MONDAY MEDITERRANEAN CHICKPEA BOWLS

1 15oz can chickpeas, drained and rinsed
2 tablespoons olive oil, divided
1 teaspoon za'atar seasoning, divided
1/4 cup full fat plain Greek yogurt
2 cups shredded lettuce
1/2 cup cucumber slices
1/2 cup cherry tomatoes
1 tablespoon diced red onion
1/4 cup crumbled feta
2 tablespoons fresh parsley, chopped

TUESDAY LOADED VEGETARIAN TORTILLA SOUP

1 poblano pepper
2 tbsp olive oil, divided
1 white onion, diced
2 garlic cloves, minced
1 jalapeno, seeded and minced
1 tsp ground cumin
14 oz tomato puree
4 cups vegetable broth
1 (14 oz) can black beans, drained and rinsed
1 (28 oz) can hominy, drained and rinsed
1 lb frozen corn
kosher salt, to taste
6 (6-inch) corn tortillas, cut into thin strips
1 avocado, peeled, pitted, and diced
4 radishes, trimmed and very thinly sliced
8 oz queso fresco, crumbled

WEDNESDAY LEMON CHICKPEA RICE SOUP

1 tbsp extra virgin olive oil
1 small onion, diced
3 carrots, diced
3 stalks celery, diced
4 cloves garlic, minced
6 cups water (or broth, but reduce salt)
1-2 tbsp fresh dill (or 1-2 tsp dried, I used freeze-dried)
1 (15oz) can chickpeas, drained and rinsed
2/3 cup brown rice (can sub orzo, pasta, etc.)*
1/2 cup raw cashews + 1 cup water (can sub 1 1/12 cups milk, cream, etc.)
1/4 cup lemon juice, more to taste
2 cups spinach
2 tsp salt, to taste
Freshly ground black pepper

THURSDAY HONEY GARLIC CHICKPEAS AND VEGETABLES

1 teaspoon olive oil
1 cup diced snap peas
1 cup diced carrot
1 cup small broccoli florets
1 (15 oz) can chickpeas, drained and rinsed
Salt and pepper
Rice to serve over, or your favorite grain or cauliflower rice
Honey Garlic Sauce
1/2 cup honey
1/2 cup water
1/4 cup soy sauce
2 tablespoons toasted sesame oil
3 cloves garlic, finely grated
2 teaspoons cornstarch

DESSERT NO-BAKE CHOCOLATE AND PEANUT BUTTER BARS

For the bars:
1 cup natural salted peanut butter*
1/4 cup pure maple syrup
1/2 cup old-fashioned oats, ground into flour
1/4 cup ground flax (or sub more oat flour)
For the topping:
3/4 cup semi-sweet chocolate chips
2 tbsp natural salted peanut butter