

WEEKLY SHOPPING LIST



SUNDAY

BROCCOLI CHEDDAR

QUESADILLAS

2 Tbsp + 1 tsp vegetable oil or canola oil
3 cups finely chopped broccoli florets
4 tsp chile powder
2 tsp ground cumin
2 tsp ground coriander
1 tsp onion powder
1 tsp garlic powder
salt and pepper
2 cups grated sharp cheddar cheese
4 large flour tortillas
avocado, salsa, sour cream, or other toppings for serving

MONDAY

BROCCOLI LEMON PASTA

8 oz whole wheat pasta
8 oz broccoli florets (about 3 cups)
2 tablespoons butter
Zest and juice of 1/2 lemon
1/4 teaspoon salt
1/4 teaspoon red pepper flakes
1 oz parmesan cheese (about 1/3 cup shredded)

TUESDAY

FETA, TOMATO, AND CHICKPEA ISRAELI

COUSCOUS CASSEROLE

1 pint cherry tomatoes, halved lengthwise
1/4 cup thinly sliced scallions
2 tbsp olive oil
1 tbsp balsamic vinegar
2 large garlic cloves, minced
1 1/2 tsp kosher salt, plus more to taste
1/2 tsp black pepper, plus more to taste
3 oregano sprigs
2 cups vegetable broth
1/4 cup minced parsley
1/2 teaspoon finely grated lemon zest
3/4 teaspoon ground cumin
1 1/2 cups Israeli couscous
15 oz can chickpeas, drained and rinsed
4 oz feta, crumbled
1/3 cup grated parmesan cheese

WEDNESDAY

CORN CHOWDER WITH QUINOA

1 tbsp extra virgin olive oil
1 medium onion, diced
3 medium carrots, diced
1 bell pepper, diced
1 small zucchini, diced
3 cups corn, fresh or frozen
3 cloves garlic, minced
1 tsp cumin
1 tsp thyme
1 tsp smoked paprika
1/4 cup nutritional yeast
1 1/2 tsp kosher salt
4 cups water or vegetable broth
2 cups unsweetened non dairy milk
3/4 cup quinoa (I used red quinoa)
1-15oz can pinto beans, drained and rinsed (optional)
Juice of half a lemon (optional)

THURSDAY

KOREAN INSPIRED TOFU BOWLS

10 oz extra firm tofu, pressed for at least 10 minutes
2 teaspoons olive oil, divided
1 cup shredded carrot
1 small red bell pepper, thinly sliced
1 cup chopped mushrooms, I used baby Bella
1/2 small yellow onion, diced
1 cup diced green onion
3 tablespoons tamari, or soy sauce
1 tablespoon pure maple syrup
2 cloves garlic, minced
1 teaspoon freshly grated ginger Sriracha, or other chili sauce, to taste
Salt and pepper
Cooked rice or quinoa for serving

DESSERT

VEGAN CHOCOLATE STRAWBERRY

BROWNIES

2 Tbsp golden flax meal
3 Tbsp water
1 1/2 cups unbleached all-purpose flour
3/4 tsp baking soda
1/2 cup dutch process cocoa powder
1 cup organic cane sugar
1/4 cup + 2 Tbsp plant based butter (sticks, not whipped margarine), melted
1/4 cup almond butter
1/2 cup nondairy milk
1/2 Tbsp vanilla extract
1 tsp fine sea salt
4 oz dark chocolate bar, chopped or shaved
1/2 cup finely chopped fresh strawberries
1/2 tsp flake salt, for finishing