

# 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