

WEEKLY SHOPPING LIST



SUNDAY

VEGAN ASPARAGUS SOUP

- 7 cups vegetable broth divided
- 1 cup roasted and salted shelled pistachios
- 1 Tablespoon fresh mint chopped
- 2 teaspoons fresh lemon juice
- 2 lbs fresh asparagus trimmed
- 3 Tablespoons olive oil divided
 - 1 cup yellow onion diced
- 2 leeks white part only, chopped
- 1 yukon gold potato diced
 - Salt and pepper
- 2 cloves garlic chopped

MONDAY

VEGAN CAESAR SALAD WITH CRISPY CHICKPEAS

- ½ cup cashews, soaked for 6 hours
- ¼ cup extra virgin olive oil
- 1 ½ tablespoons lemon juice
- 1 ½ teaspoons balsamic vinegar
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- 3 tablespoons water (plus more if needed)
- 2 romaine hearts, washed and chopped
- 1 15oz can chickpeas drained and rinsed
 - 1 teaspoon olive oil
 - ½ teaspoon garlic powder
 - ¼ teaspoon onion powder
 - ¼ teaspoon salt

TUESDAY

THAI TOFU ZOODLE SOUP

- 2 tbsp coconut oil, divided
- 1 lb super firm tofu, drained and cut into 1-inch cubes
- 1 sweet onion, diced
- 3 garlic cloves, minced
- 1 red bell pepper, thinly sliced
- ½ cup thinly sliced baby carrots
- ½ tsp minced fresh ginger
- 2 tbsp thai red curry paste
- 1½ cups vegetable broth
- 14 oz full fat coconut milk
- 8 oz sugar snap peas, trimmed
- 2 zucchini, spiralized
- salt and black pepper, to taste
- juice of 1 lime, to taste

WEDNESDAY

CREAMY SPRING VEGETABLE PASTA PRIMAVERA

- 1 lb whole grain spaghetti (sub gluten-free spaghetti if needed)
- 1 tbsp olive oil
- 8 oz mushrooms, sliced
- 8 oz cherry tomatoes, sliced in half
- 1 lb asparagus
- 2 cups kale, finely chopped
- 1 cup frozen peas, thawed
- 1 8oz container Sabra Spinach and Roasted Garlic Mediterranean White Bean Dip
- 1 cup pasta water (more if needed)
- Juice of half a lemon
- 1 tsp salt
- 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

- ½ cup honey
- ½ cup water
- ¼ cup soy sauce
- 2 tablespoons toasted sesame oil
- 3 cloves garlic, finely grated
- 2 teaspoons cornstarch

DESSERT

CHEESECAKE STUFFED STRAWBERRIES

- 15-20 large strawberries, washed and hulled
- 4 oz cream cheese
- ¼ teaspoon vanilla
- ¼ cup powdered sugar
- 2 large sheets graham cracker, crumbled