

WEEKLY SHOPPING LIST



SUNDAY

GARLIC SWISS MUSHROOMS ON TOAST

2 Tbsp butter
4 cups sliced baby bella or cremini mushrooms
3 cloves garlic, minced
2 slices thick rustic french bread
2 Tbsp whole grain dijon mustard
1 cup shredded swiss cheese
1 tsp fresh thyme leaves
salt and pepper

MONDAY

BAKED GREEK PASTA

16 oz pasta (cavatappi, ziti, or penne)
2/3 cup chopped cherry tomatoes
1 green bell pepper, seeded and chopped
1/4 cup diced red onion
1/2 teaspoon garlic powder
1 teaspoon oregano
1 tablespoon olive oil
2 cups marinara sauce
1/2 cup crumbled feta
1/2 cup fresh mozzarella
Fresh parsley for garnish

TUESDAY

SUMMER SQUASH, TOMATO, AND BASIL PASTA

5 tbsp extra virgin olive oil, divided
3 garlic cloves, minced
1/2 tsp red pepper flakes
2 lb zucchini and/or summer squash, sliced into 1/2-inch half moons
1 lb whole wheat pasta
12 oz grape tomatoes, halved
1/2 cup chopped fresh basil
1/4 cup pine nuts, toasted
2 tbsp balsamic vinegar
grated parmesan cheese, to serve

WEDNESDAY

PORTOBELLO FAJITAS

For the vegetables:
3 bell peppers, sliced
1 medium onion, sliced
2 large portobello mushrooms
2 tsp mild chili powder
1 tsp kosher salt
1 tsp oregano
1/2 tsp garlic powder
1 tsp cumin
1/2 tsp red pepper flakes (optional)
Freshly ground black pepper
1 lime, juiced (2 tbsp)
2 tbsp avocado oil
topping ideas: small corn or flour tortillas, guacamole, salsa, freshly grated cheddar cheese, hot sauce

THURSDAY

MEXICAN CHOPPED SALAD PITAS

4-6 cups chopped lettuce
1 (15 oz) can black beans, drained and rinsed
1 cup queso fresco
1 cup corn kernels
1 medium sized tomato, diced
1 large avocado, diced
1/2 cup diced red onion
1/2 cup chopped fresh cilantro
Chopped jalapeno, to taste
4-6 pieces of pita bread
Cumin Lime Vinaigrette
1/3 cup olive oil
1/4 cup fresh lime juice (about 2 limes)
1/2-1 teaspoon ground cumin
2 teaspoons pure maple syrup
1 teaspoon dijon mustard
Salt and pepper, to taste

DESSERT

STRAWBERRY COCONUT CHOCOLATE CUPS

1 (8 oz) package unsweetened shredded coconut or coconut chips
2 1/2 cups dehydrated strawberry slices, plus a few more for topping
3 tablespoons pure maple syrup
2 tablespoons almond milk
10 ounces semi sweet vegan chocolate chips or chunks
1 teaspoon coconut oil
Sea salt