

WEEKLY SHOPPING LIST



SUNDAY

ROASTED CAULIFLOWER AND FARRO SALAD

- ¼ cup golden raisins
- ¼ cup carrot juice
- 2 tsp ground coriander
- 1 head cauliflower, trimmed and cut into florets
- 2 garlic cloves, minced
- 3 pinches of red pepper flakes
- ¼ cup + 5 tbsp olive oil
- 2 tsp Maldon sea salt
- 1 red onion, halved and thinly sliced
- 2 cups cooked farro
- ¼ cup unsalted pistachios, toasted and coarsely chopped
- ¼ cup pomegranate seeds
- 2 tbsp lemon juice
- handful mint leaves, minced
- handful of parsley, minced

MONDAY

CACIO E PEPE POTATOES ANNA

- ½ cup (65 g) finely grated Pecorino Romano
- 1 tbsp potato starch or cornstarch
- ½ tsp fine sea salt, or to taste
- ½ tsp freshly ground black pepper
- 2-3 tbsp butter, melted
- 2 lb (~1 kg) Yukon gold potatoes, peeled and very thinly sliced
- For the salad
- 8 cups (160 g) arugula
- 1 tbsp olive oil
- 2 tsp white wine vinegar

TUESDAY

SWEET POTATO BUTTERNUT APPLE

SOUP

- 2 tbsp olive oil
- 2 tbsp butter
- 1 onion, minced
- 1 lb butternut squash, peeled and cut into ½-inch dice
- 2 apples, peeled, cored and cut into ½-inch dice
- 3 small sweet potatoes, peeled and cut into ½-inch dice
- 1 tsp cinnamon
- 4 cups vegetable broth
- salt and black pepper, to taste
- ½ cup apple cider
- ½ cup heavy cream
- 8 oz mascarpone

WEDNESDAY

KALE AND BRUSSELS SPROUT CAESAR

SALAD

- For the dressing
- 4 cloves garlic
- 3 tbsp 2% Greek yogurt
- 2 tbsp grated parmesan cheese
- 1 tbsp dijon mustard
- 2 tsp red wine vinegar
- juice of ½ lemon
- ½ cup olive oil
- For the salad
- 1 bunch lacinato kale, leaves thinly sliced
- 1 lb brussels sprouts, shredded
- 1 tbsp olive oil
- 4 hard-boiled eggs
- For the parmesan toasts
- 8 slices ciabatta
- avocado or olive oil cooking spray
- 4 tbsp grated parmesan cheese

THURSDAY

EGGPLANT PARMESAN BURGERS

- 1 large eggplant (about 1 lb)
- kosher salt
- 1 cup panko
- ¼ cup parmesan cheese
- 2 tbsp minced parsley
- 1 garlic clove, minced
- freshly ground black pepper
- 1 egg, lightly beaten
- marinara sauce
- 4 slices mozzarella cheese
- burger buns

DESSERT

BROWN BUTTER PUMPKIN CHAI WAFFLES

- 6 tbsp unsalted butter
- 2½ cups flour
- ½ cup packed dark brown sugar
- 2¼ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp cinnamon
- 1 tsp cardamom
- ½ tsp ginger
- 4 large eggs, beaten
- 2 cups Silk vanilla almond milk
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 cup canned pumpkin
- maple syrup, for serving