

WEEKLY SHOPPING LIST



SUNDAY

SPAGHETTI WITH ARUGULA PESTO AND BUTTERNUT POLPETTE

- 1 lb spaghetti
- 6 tbsp olive oil
- 1 red onion, thinly slice
- 2 garlic cloves, minced
- 1 cup (100 g) butternut squash, peeled and grated
- $\frac{3}{4}$ cup (150 g) cooked Puy lentils
- $\frac{1}{2}$ cup (50 g) panko bread crumbs
- $\frac{1}{3}$ cup (100 g) ricotta
- $\frac{1}{4}$ cup (25 g) grated parmesan cheese
- pinch of red pepper flakes
- 3-4 parsley sprigs, minced
- $\frac{1}{4}$ cup (25 g) shelled pistachios
- 1.5 oz (40 g) basil
- 5 oz (140 g) arugula
- juice of $\frac{1}{2}$ lemon

MONDAY

SPICY HARISSA BEAN STEW

- 1 large bunch broccoli rabe
- $\frac{1}{4}$ cup olive oil
- 4 garlic cloves, thinly sliced
- 1 red onion, thinly sliced
- salt and black pepper, to taste
- 2 tbsp harissa, plus more to taste
- $4\frac{1}{2}$ cups cooked borlotti or white beans
- 4 cups vegetable broth
- 4 oz feta cheese, crumbled

TUESDAY

ROASTED VEGETABLE AND TOFU HIPPIE BOWLS

For the roasted tofu and vegetables

- $\frac{1}{4}$ cup brown sugar
- 3 tbsp soy sauce
- 3 tbsp harissa
- $1\frac{1}{2}$ tbsp apple cider vinegar
- 3 tbsp sesame oil
- 1 lb extra firm tofu
- 4 large carrots

For the spiced sunflower seeds

- 1 cup sunflower seeds
- 2 tbsp brown sugar
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp sea salt

For the bowl

- 1 cup millet
- 2 cups vegetable broth
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 5 oz baby spinach
- 5 oz baby kale
- juice of $\frac{1}{2}$ meyer lemon
- 1 avocado, pitted and sliced

For the tahini citrus miso dressing

- $\frac{1}{2}$ cup tahini
- 2 tbsp white miso
- 2 tbsp maple syrup
- 1 tbsp harissa
- 1 tbsp rice wine vinegar
- juice of 1 orange

WEDNESDAY

PERSIMMON AND POMEGRANATE SALAD

- $\frac{3}{8}$ cup blanched hazelnuts
- 1 tbsp + 1 tsp hazelnut oil, divided
- 1 tbsp finely diced shallot + 2 small shallots, thinly sliced
- 3 tbsp pomegranate juice
- $\frac{1}{3}$ cup pomegranate seeds
- 1 tbsp sherry vinegar
- 2 tsp rice vinegar
- 3 tbsp extra virgin olive oil
- 4 small fuyu persimmons, cut into $\frac{1}{2}$ -inch cubes
- $\frac{1}{2}$ lb arugula
- salt and black pepper, to taste

THURSDAY

BUTTERNUT SQUASH SESAME NOODLES

- 1 tbsp olive oil
- 1 medium butternut squash, peeled, seeded, and cut into $\frac{1}{2}$ -inch dice
- 1 red onion, halved and thinly sliced
- $\frac{1}{4}$ tsp red pepper flakes
- salt and black pepper, to taste
- 1 lb chinese egg noodles
- 2 tbsp sesame oil
- $3\frac{1}{2}$ tbsp soy sauce
- 2 tbsp rice vinegar
- 2 tbsp tahini
- 1 tbsp peanut butter
- 1 tbsp sugar
- 1 tbsp minced ginger
- 2 tsp chili-garlic paste
- 1 14 oz can chickpeas, drained and rinsed
- 5 oz baby spinach

DESSERT

CHOCOLATE TRUFFLE COOKIES

- $1\frac{1}{4}$ cups all purpose flour
- 3 tbsp + 1 tsp unsweetened cocoa powder
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 lb + 4 oz bittersweet chocolate, chopped
- $\frac{1}{2}$ cup + 2 tbsp unsalted butter, softened
- $2\frac{1}{4}$ cups sugar
- 6 large eggs, room temperature
- 1 tbsp vanilla extract
- 12 oz bittersweet chocolate chips