

WEEKLY SHOPPING LIST

SUN

ZUCCHINI AND BLACK BEAN ENCHILADAS

- 10 ounces baby bella mushrooms
- 1 small red bell pepper
- 4 cloves garlic
- 1 yellow squash
- 1 zucchini squash
- 1 bunch green onions
- 1 (14-ounce) can black beans
- 8 to 10 flour tortillas
- 1 (12-ounce) can enchilada sauce
- 8 ounces grated cheese of choice

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

WED

7-LAYER VEGETARIAN BURRITOS

- 1 medium sweet potato
- 1 cup chopped spinach, or lettuce
- ½ cup diced tomatoes
- 1 large avocado
- ½ cup quinoa
- 1 (15 ounce) can black beans
- 4 Whole Grain Tortillas
- 1 cup shredded cheese

MON

CHICKPEA FRITTATA

- 1 small bunch Italian/Lacinato kale
- 2 large carrots
- 1 bunch green onions
- 4 garlic cloves
- 2 cups garbanzo bean flour (such as Bob's Red Mill)
- 12 ounce jar roasted red peppers
- 1 tablespoon dried oregano
- 1/2 cup extra virgin olive oil

X

X

X

X

X

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X

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X

X

X

X

X

X

X

X

X

THUR

SUMMER VEGETABLE LASAGNA ROLLS

- 1 medium zucchini
- 1 yellow summer squash
- 1/2 cup chopped basil
- 12 oz frozen spinach
- 16oz extra firm tofu
- 1/2 cup roasted garlic hummus
- 1 tsp garlic powder
- 5 tbsp nutritional yeast
- 9 whole grain pasta noodles
- 32 oz pasta sauce

TUES

SZECHUAN SPICY GARLIC EGGPLANT AND STRING BEAN STIR FRY

- 10 cloves garlic, minced
- 2 medium Japanese eggplants
- 1 lb string beans
- 1 tbsp minced fresh ginger
- 1 tsp sesame oil
- ¼ cup soy sauce
- 2 tbsp balsamic vinegar or Chinese black vinegar
- 2 tbsp mirin
- 1 tbsp sugar
- 1 tsp red pepper flakes