

## SUNDAY

### pumpkin chili

- 1/2 yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 1 (14-oz) can black beans
- 1/2 cup dry quinoa
- 1 (14-oz) can diced tomatoes
- 1 (15-oz) can pureed pumpkin
- 2 Tbsp chili powder
- 2 tsp pumpkin pie spice
- 1 Tbsp pure maple syrup
- 3 cups vegetable broth



## WEDNESDAY

### broccoli tacos

- 3 heads broccoli, chopped into 1" pieces
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ cup mayonnaise or Veganaise
- Juice from ½ lime
- 1 tablespoon water
- ¼ cup cilantro
- 6 small flour or corn tortillas
- ½ cup shredded cabbage

## MONDAY

### chickpea salad

- 1/3 cup cayenne hot sauce
- 2 Tbsp unsalted butter, melted
- 1 15 oz can chickpeas, drained
- 8 cups chopped romaine lettuce
- 4 medium celery stalks
- 2 medium carrots
- 1 medium bell pepper
- 1 large avocado
- 1/4 cup minced red onion
- 1/2 cup crumbled blue cheese
- 6-10 Tbsp ranch dressing

## TUESDAY

### lentil bolognese

- 1 cup dried lentils
- ¼ cup olive oil
- 1 onion, peeled and diced
- 1 lb butternut squash
- 3 garlic cloves, minced
- ½ tsp dried thyme leaves
- 1 tsp dried oregano
- 1 large bunch swiss chard
- 2 tbsp tomato paste
- ½ cup red wine
- 28 oz whole peeled tomatoes
- 1 lb rigatoni
- 8 oz mascarpone cheese

## THURSDAY

### stuffed shells

- 2-14oz pkg extra firm tofu
- 10oz tub roasted garlic hummus
- ½ cup nutritional yeast
- 1 tsp kosher salt
- 1 tsp garlic powder
- Handful of fresh spinach or basil
- 1 12oz box jumbo shells
- 1-32oz jar marinara sauce

## FRIDAY

### black bean burgers

- 1 1/2 cups cooked quinoa
- 1-15 ounce can black beans
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup chunky salsa
- 1/3 cup breadcrumbs
- 6 hamburger buns

## DESSERT

### oatmeal cookies

- 1 1/2 cups all purpose flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 cup softened coconut oil
- 3/4 cup coconut sugar
- 1/4 cup unsweetened non-dairy milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 flax egg
- 2 cups old fashioned rolled oats
- 1/2 cup dried cranberries
- 3/4 cup chocolate chunks or chocolate chips