

SUNDAY

moroccan soup

- 1 medium white onion
- 1/2 lb red potatoes
- 1 tsp minced garlic
- 1/2 tsp hot paprika
- 1/4 tsp crushed saffron threads
- 1/4 tsp ground ginger
- 2 (15oz) cans of chickpeas
- 1 (14oz) can of diced, fire roasted tomatoes
- 3 1/2 cups vegetable broth

MONDAY

spaghetti squash

- 1 medium-sized spaghetti squash
- 1 small head kale
- 2 Tbsp olive oil
- 1/3 cup sun-dried tomatoes
- 1/3 cup raw walnuts
- 1 bulb garlic

TUESDAY

lemon cauliflower

- 1 medium sized head cauliflower
- 1 cup flour
- 1 cup plain, unsweetened almond milk
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cups panko breadcrumbs
- 1/3 cup lemon juice, I like to use fresh squeezed
- 1/2 teaspoon lemon zest
- 1/2 cup + 2 tablespoons water
- 1/3 cup low sodium tamari or soy sauce
- 1/3 cup toasted sesame oil
- 1/3 cup plus 2 tablespoons pure maple syrup
- 1 clove garlic, grated
- 1/2 teaspoon grated fresh ginger
- 3 teaspoons arrowroot powder or cornstarch

DESSERT

pumpkin bread

- 1 1/4 cups almond flour
- 1 1/4 cup oat flour
- 1 tbsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 1/4 tsp nutmeg
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1-15oz can pumpkin puree
- 2 large eggs (or 2 flax eggs for vegan)
- 1/2 cup pure maple syrup
- 2 tbsp avocado oil or melted coconut oil
- 1 tsp vanilla extract
- 1/2 cup chocolate chips



WEDNESDAY

sopa azteca

- 1 tbsp grapeseed oil
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 12 oz carrots, peeled and cut into 1/2-inch cubes
- 2 tsp chili powder
- 2 tsp cumin
- 4 garlic cloves, minced
- 4 cups vegetable broth
- 14 oz canned diced tomatoes
- 1 tbsp adobo sauce
- 1/3 cup red lentils
- 5 oz baby chard
- 1 cup frozen corn

THURSDAY

pumpkin burgers

- 1-15oz can chickpeas
- 3/4 cup chopped walnuts
- 1 cup old-fashioned oats
- 1/2 - 3/4 cup pumpkin puree
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 2 chipotle peppers in adobo
- 1 tsp dried sage
- 3/4 cup plain yogurt
- 2 tsp liquid from chipotle peppers in adobo
- 1 tbsp lime juice

FRIDAY

zucchini boats

- 2 large zucchini
- 1 15oz can chickpeas drained and rinsed
- 1/4 cup tomato paste
- 3 tsp garam masala powder
- 2 tsp ground cumin
- 1/2 cup full fat coconut milk
- 1/2 cup yogurt of your choice
- 1 tsp ground cumin
- 1 tsp fresh lime juice