



## SUNDAY

### vegan meatballs

- 3 (1/2 inch) slices of polenta
- 1 (15 oz) can chickpeas
- 1 (15 oz) can dark red kidney beans
- 1 chia egg
- 1/4 cup bread crumbs
- 4 tablespoons nutritional yeast
- 3 tablespoons ketchu
- 2 tablespoons tomato paste
- 2 tablespoons chopped fresh parsley
- 1 tablespoon grated onion
- 2 cloves garlic, grated
- 1 teaspoon smoked paprika
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 cup flour

## MONDAY

### tortilla soup

- 1/2 cup raw cashews, soaked
- 1 medium yellow onion, diced
- 2 poblano peppers
- 3 cloves garlic, minced
- 1 tsp coriander
- 1 tsp chilli powder
- 1 1/2 tsp cumin
- 1/4 cup nutritional yeast
- 4 cups vegetable broth
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can black beans
- 1/2 cup medium salsa
- 4 corn tortillas\*
- 1/3 cup cilantro, chopped
- 1-2 tbsp fresh lime juice

## TUESDAY

### enchiladas

- 10 corn tortillas
- 1 15oz can black beans
- 8 oz shredded cheddar cheese
- 1 avocado
- 1 cup salsa verde or green enchilada sauce
- Salsa, sour cream, or cilantro (optional)

## WEDNESDAY

### thai red curry

- 1 head cauliflower
- 1 delicata squash
- 1 (13.5 oz) can coconut milk
- 3 tbsp soy sauce
- 1 tsp grated lime zest plus 1 tbsp lime juice
- 2 tbsp packed light brown sugar
- 2 tsp Thai red curry paste
- pinch of red pepper flakes
- 2 tbsp plus 1 tsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1/4 cup fresh basil leaves, torn into 1/2-inch pieces

## THURSDAY

### fettuccini

- 18 ounces fresh fettuccine noodles
- 2 Tbsp butter
- 1 cup diced yellow onion
- 2-3 cups cauliflower florets
- 1/2 Tbsp minced garlic
- 1 1/2 cups vegetable stock
- 2 whole fresh sage leaves
- 2 whole fresh thyme stalks
- 1 1/2 cups pumpkin puree
- 1/2 cup whole milk
- 1/2 cup finely grated parmesan

## FRIDAY

### quinoa salad

- 1 cup quinoa
- 5 Tbsp avocado oil
- 1 large carrot
- 1 large parsnip
- 1 large sweet potato
- 1.5 cups butternut squash
- 1/2 cup fresh parsley
- 1/3 cup walnuts
- 2 Tbsp cider vinegar
- 2 tsp pure maple syrup
- 1/2 tsp cinnamon

## DESSERT

### fruit bake

- 1 Tbsp coconut oil or butter
- 2 red anjou pears
- 1 granny smith apple
- 1 honeycrisp or fuji apple
- 1/2 tsp ground cinnamon
- 1 cup fresh cranberries
- 1 cup whole or halved pecans
- 1/2 cup pure maple syrup