

SUNDAY

buffalo tacos

- 1 large head cauliflower
- 1 cup all purpose flour or GF AP flour
- 1 cup almond milk
- 1/2 tsp granulated garlic
- 2 cups panko breadcrumbs
- 1 cup hot sauce
- 2 tablespoons vegan butter
- 2 tablespoons pure maple syrup
- Corn tortillas
- 4-6 cups shredded cabbage and carrot
- 1/2 cup ranch dressing
- 1 teaspoon pure maple syrup
- 1 teaspoon dijon mustard
- 2 teaspoons apple cider vinegar
- 1 tablespoon chopped fresh herbs,



WEDNESDAY

curry chili

- seeds from 2 green cardamom pods
- 1 red onion, diced
- 2 garlic cloves, minced
- 2 summer squash or zucchini, diced
- 1 tsp ground Kashmiri chili pepper
- 1/2 tsp ground turmeric
- 1 tsp garam masala
- 14.5 oz canned diced tomatoes
- 2 cups cooked pinto or brown beans
- 4 cups vegetable broth
- 1 cup frozen corn
- 3 tbs lime juice
- 2 large naans
- 3 tbs minced cilantro

MONDAY

buddah bowls

- 1 (15oz) can black beans
- 2 medium sweet potatoes,
- 2 tbs coconut oil, melted
- 4 cups chopped kale
- 2 cups cooked brown rice
- 1/3 cup chopped green onions
- 3 tbs tahini
- 1 tbs extra virgin olive oil
- 1 ripe mango, diced or 1 cup defrosted from frozen mango*
- 1/2 cup + 2 tbs water
- 1 1/2 tbs apple cider vinegar
- 1 tbs mild curry powder
- 1/2 tsp fine sea salt + freshly ground black pepper

TUESDAY

wild rice soup

- 1 cup wild rice
- 2 tablespoons butter
- 2 stalks of celery, diced (about 1/2 cup)
- 1 medium yellow onion, diced (about 1/2 cup)
- 2 large carrots, diced (about 1/2 cup)
- 3 cups vegetable broth
- 1 small bundle of thyme (optional)
- 1 cup evaporated milk

THURSDAY

portabello pizzas

- 4 large portobello mushroom caps
- 8 Tbsp pizza sauce
- 1/2 tsp Italian seasoning
- 8 oz fresh mozzarella
- 6 medium cherry tomatoes, sliced
- sliced fresh basil leaves

FRIDAY

spaghetti squash

- 1 medium-sized spaghetti squash
- 3/4 cup full-fat canned coconut milk
- 2 cloves garlic
- 2 cups baby spinach
- 1/3 cup sun-dried tomatoes
- 1/2 cup artichoke hearts
- 1 tsp dried parsley

DESSERT

pumpkin scones

- 2.25 cups (320 g) all purpose flour
- 1/2 cup (66 g) sugar
- 1 tbs baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 cup unsweetened pumpkin puree
- 1/2 cup heavy cream, plus more for brushing
- 1 large egg
- 1 large egg yolk
- 1/2 tsp vanilla extract
- 12 tbs (170 g) unsalted butter
- 1/2 cup maple syrup
- 1 cup (113 g) powdered sugar
- 1/2 tsp vanilla extract