



## SUNDAY

### pumpkin curry

- 1 small yellow onion, diced
- 1 cup diced carrot
- 2 cloves garlic, minced
- 1 tsp grated fresh ginger
- 2 tablespoons red Thai curry paste
- 2 cups cooked chickpeas
- 1 (15 oz) can pumpkin puree
- 1 (15 oz) can unsweetened coconut milk
- 1 (15 oz) can fire petite diced tomatoes
- 1 small can green chiles, I used mild
- 1 1/2 teaspoons garam masala
- 1 teaspoon yellow curry powder
- 1/2 teaspoon cumin
- 1/4 teaspoon ground cinnamon
- Fresh lime juice (about 1/2 a lime)

## MONDAY

### minestrone soup

- 1 yellow onion
- 2 carrots
- 3 stalks celery
- 2 red potatoes
- 6 cloves garlic
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/2 teaspoon ground sage
- 2 cans Diced Tomatoes
- 6 cups vegetable broth
- 1/2 cup dry quinoa
- 1 (14-ounce) can kidney beans
- 1 (14-ounce) can white beans
- 1 (14.5-ounce) can Cut Green Beans

## TUESDAY

### vegan pho

- 2 Tbsp olive oil
- 1 small onion, thinly sliced
- 5 oz sliced shiitake mushrooms
- 2 medium scallions, sliced
- 1 tsp Chinese five-spice powder
- 1/4 tsp crushed red pepper flakes
- 1 tsp ginger paste
- 6 cups vegetable broth
- 1 5oz package rice noodles

## WEDNESDAY

### stuffed sweet potatoes

- 4 medium sweet potatoes
- 1 15oz can chickpeas, rinsed and drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 2 cups cooked quinoa
- 1 tablespoon tahini
- 1 tablespoon lemon juice
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## THURSDAY

### enchilada casserole

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp chipotle chile powder
- 2 tbsp ancho chile powder
- 2 tsp cumin
- 2 tsp sugar
- 2 (8 oz) cans tomato sauce
- 1 medium butternut squash
- 1 bunch swiss chard, thinly sliced
- 2 cups cooked black beans
- 8 corn tortillas, halved
- 8 oz cheddar cheese, grated

## FRIDAY

### Israeli Power Salad

- 1 large sweet potato, diced
- 1/2 tbsp za'atar
- Heaping 1/2 cup walnuts
- 1 bunch chard
- 1/2 cup sliced green onions
- 2 cups thinly sliced red cabbage
- 3 Persian or mini seedless cucumbers
- 1/2 cup flat leaf parsley, chopped
- 1-15oz can chickpeas, drained and rinsed
- 1/3 cup tahini
- 1/3 cup fresh lemon juice
- 1 tbsp za'atar, to taste

## DESSERT

### apple pie bites

- 2-3 large apples, peeled cored and sliced into about 8 slices each
  - 1/3 cup melted coconut oil
  - 1 tablespoon coconut sugar
  - 1 1/2 teaspoons cinnamon
  - 1 teaspoon corn starch or arrowroot
  - 1 pinch salt
  - 1/2 cup almond milk, or egg wash if not making vegan
  - 2 tablespoons raw sugar, for topping if desired
- 1 double pie crust, store-bought or homemade