



SUNDAY

linguini

- 1 lb linguine
- salt and black pepper, to taste
- ½ cup extra virgin olive oil
- 4 garlic cloves, thinly sliced
- ½ tsp red pepper flakes
- 2 medium zucchini, shredded and patted dry
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 oz pecorino romano cheese, grated
- 3 tbsp chopped fresh parsley
- 1 tsp lemon juice, plus extra wedges for serving

MONDAY

portabella boats

- 8 medium portobello mushrooms
- 1 medium onion
- 3 large garlic cloves, minced
- 1 cup walnuts, finely chopped
- 2-4 tsp minced fresh rosemary
- ½ cup fresh parsley leaves
- 1 (14-oz) can lentils
- 2 tsp sherry vinegar
- ½ cup ketchup
- ¼ cup balsamic vinegar
- ¼ cup applesauce or appl
- 2 tbsp pure maple syrup

TUESDAY

lasagna bake

- 1 teaspoon olive oil
- 1 medium zucchini, diced
- 1/2 onion, diced
- Salt and pepper
- 1 (16 oz) package potato gnocchi
- 2 cups tomato sauce, or crushed tomatoes
- 1 cup grated mozzarella cheese
- 1/2 cup ricotta cheese

WEDNESDAY

broccoli cheddar soup

- 2 medium Yukon gold potatoes
- 1 Tbsp avocado oil
- 2 large carrots
- 2 crowns broccoli
- 1/2 leek
- 32 ounces vegetable broth
- 1 cup full-fat coconut milk
- 2 tsp cider vinegar
- 1/3 cup nutritional yeast
- 1 Tbsp tapioca flour

THURSDAY

pumpkin soup

- 1 1/2 cups diced yellow onion
- 1 3/4 cup diced carrot
- 1 3/4 cup diced celery
- 3 tsp minced garlic
- 1 cup dry red lentils
- 3 cups vegetable stock
- 2 cups pumpkin puree (1 15oz can)
- 3 sprigs fresh thyme
- 2 sprigs fresh rosemary

FRIDAY

taco skillet

- 1 medium red onion, diced
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon chili powder
- 2 tablespoons tomato paste
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 15oz can Del Monte Sweet Corn
- 1 15oz can black beans, rinsed and drained
- 1 cup shredded cheddar cheese
- 1 cup tomato salsa

DESSERT

pumpkin cheesecake

- 1 cup walnuts
- 2 cups pitted dates
- 2 cups raw cashews
- 1 (15 ounce) can pure pumpkin puree
- 3/4 cup coconut milk
- 3/4 cup coconut sugar
- 1/3 cup pure maple syrup
- 1/4 cup melted coconut oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg