

WEEKLY SHOPPING LIST

SUN

SPRING FARRO BOWLS

- 1 bunch asparagus
- 5 ounces salad greens
- 1 cup peas
- 6 radishes
- 2 avocados
- 1 large lemon
- 1 cup roasted almonds
- 1/4 cup tahini
- 2 teaspoons pure maple syrup
- 1 cup farro or quinoa



WED

THAI NOODLE SOUP

- 1 lb super firm tofu
- 1 sweet onion
- 3 garlic cloves
- 1 red bell pepper
- 1/2 cup thinly sliced baby carrots
- 1/2 tsp minced fresh ginger
- 8 oz sugar snap peas
- 2 zucchini, spiralized
- 1 lime
- 2 tbsp thai red curry paste
- 1 1/2 cups vegetable broth
- 14 oz full fat coconut milk
- 2 tbsp coconut oil

MON

SLOW COOKER CHILI

- 1 medium onion
- 2 cloves garlic
- 1 bell pepper
- 8 oz sliced mushrooms
- 1 cup corn kernels
- 3 chipotle peppers in adobo
- 1/2 cup walnut halves
- 2–15oz cans fire roasted tomatoes
- 3–15oz cans beans
- 1 cup vegetable broth
- 2 tsp oregano
- 1 tbsp cumin
- 1 1/2 tbsp chili powder
- 1 tsp smoked paprika

THUR

SWEET POTATO TOSTADAS

- 2–3 medium sweet potatoes (you want to make sure they are uniform in shape so you can slice them evenly)
- 3 teaspoons olive oil
- Refried beans
- Shredded cheese, vegan or regular

TUES

PESTO QUINOA SALAD

- 1 bunch asparagus
- 2 cups kale leaves
- 1 tsp lemon zest
- 1 avocado
- 1/2 cup pesto sauce (homemade or store-bought)
- 1 cup quinoa
- 1/3 cup raw walnuts
- 1/3 cup feta cheese crumbles