

**Sunday**-Goat cheese/apple grilled cheese/veggie chips

**Monday**- Mediterranean Veggie Bowls

**Tuesday**-Taco Bowls

**Wednesday**-Veggie Stir-Fry

**Thursday**-Strawberry Spinach Salad with Goat cheese, Baked Sweet Potatoes

**Friday**-Veggie Loaded Naan Pizzas

**Saturday**-Mushroom Spinach Garlic Rice

**GROCERY LIST**

PRODUCE 29.07

- 2.49 5-ounce container organic spinach
- 2.49 5-ounce container organic spinach mix
- 3.99 3-pound bag organic apples
- 2.99 16-ounce container organic strawberries
- 1.99 pineapple
- 1.99 3-pound bag sweet potatoes
- 1.59 2-pound bag yellow onions
- 1.59 bag red onions
- 0.89 3-pack garlic
- 1.89 8 ounces mushrooms
- 2.29 1-pint organic grape tomatoes
- 3.49 2-pack organic bell peppers
- 1.39 organic baby carrots

DAIRY/ REFRIGERATED 10.77

- 3.98 2 logs honey goat cheese (you may only need one, but can opt to pick up two just in case)
- 2.25 Mexican blend organic shredded cheese
- 2.25 Simply Nature Organic mozzarella cheese
- 2.29 Simply Nature Organic hummus

PANTRY/INSIDE AISLES 25.65

- 1.89 Simply Nature Organic marinara
- 1.89 Simply Nature organic salsa
- 2.15 kalamata olives
- 2.29 artichoke hearts
- 0.89 15-ounce can organic black beans
- 0.89 15-ounce can organic kidney beans
- 4.29 1 loaf organic bread
- 1.99 organic tortilla chips
- 2.79 Simply Nature exotic vegetable chips
- 2.59 organic white rice
- 3.99 8-pack mini naan

FROZEN

- 1.99 16-ounce bag frozen organic broccoli florets

66.48

FROM YOUR FRIDGE/PANTRY AT HOME

- Avocado oil/ olive oil
- Butter
- Juice from ½ lemon (optional)
- 2 tsp chili powder
- 1.5 tsp ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- Salt & pepper



**RECIPES****Goat cheese/apple grilled cheese**

1 log honey goat cheese

1-2 organic gala apples

Handful of organic spinach

Bread

Butter

Simply Nature Exotic veggie chips

1. Cut apple into large, thin slices.
2. Heat skillet over medium heat. Slather butter on each slice of bread.
3. Spread goat cheese on one slice of bread and put it buttered side down on skillet.
4. Layer on apple and spinach (about 4-5 pieces) and cover with second piece of bread.
5. Heat until it reaches desired level of brownness on bottom side, flip and heat another minute or two.
6. Serve with veggie chips and or/ additional apple slices.

**Veggie Taco Bowls**

1 onion, diced

4-5 cloves garlic, diced

1 can black beans

1 can kidney beans

½ jar organic salsa (favorite variety)

2 tsp chili powder

1 tsp ground cumin

Cheese

Tortilla chips

1. In large skillet, heat about a tablespoon of oil. Add onion and sauté about 3-4 minutes. Add garlic and spices and heat about a minute.
2. Add tomatoes and beans and cook on low for about 20 minutes.
3. Serve with cheese and tortilla chips.

**Pineapple Veggie Stir Fry**

4 cups cooked rice

2 cups pineapple, diced

1 onion, diced

1 cup carrots, diced

1 16-ounce bag frozen organic broccoli florets

1 organic pepper, diced

4 cloves garlic, minced

Soy sauce or coconut aminos, to taste

1. Heat about a tablespoon of avocado or high-heat oil in large skillet on medium high heat.
2. Add onion and cook about 3-4 minutes. Add pepper, carrots, and broccoli.
3. Cook about 7-8 minutes, until veggies have softened. Add garlic and pineapple and heat through another minute.
4. Add rice to skillet and mix with veggies. Pour in a tablespoon or two of soy sauce or coconut aminos.
5. Serve immediately, with additional soy sauce/ aminos if desired.

**NOTE: Feel free to sub other veggies for what you have or prefer. To save time later in week, go ahead and cook double batch of rice to use later in the mushroom spinach rice.**



**Strawberry Spinach Salad with Baked Sweet Potatoes**

5-ounce container of organic spinach (minus what you used for the grilled cheese sandwiches)

2 cups strawberries, diced

½ cup pineapple, diced

1 tablespoon red onion, diced

1 log goat cheese, crumbled

1-pound sweet potatoes, washed and wrapped in foil

DRESSING:

½ cup avocado oil

¼ c balsamic vinegar

2 T Dijon mustard

2 T honey

Pinch of garlic powder

Pinch of salt

1. Preheat oven to 400 degrees. Once preheated, add sweet potatoes and bake about 25-35 minutes, depending on size. You should be able to pierce them easily with a fork when they're done.
2. While sweet potatoes are baking, assemble salads.
3. If you're making your own dressing, grab a mason jar, add all ingredients, and pulse a couple times with an immersion blender or put a lid on it and shake vigorously until blended.

**Mushroom spinach garlic rice**

1 8-ounce container mushrooms

3-4 cups organic spinach

1 onion, diced

5-6 cloves garlic, minced

4 cups cooked rice

2 T olive oil

2 T butter

Salt and pepper

1. Cook rice according to instructions on box.
2. While rice is cooking, heat a tablespoon of oil in a medium skillet. Add onion and cook about 4-5 minutes. Add in mushrooms and cook another 3-4 minutes. Add garlic and heat through about a minute.
3. Add rice, other tablespoon of olive oil, and butter to skillet and toss. Next, stir in spinach and toss until wilted.
4. Sprinkle with salt and pepper and serve immediately.



**Veggie Naan Pizzas**

Mini naan

Organic marinara sauce

Organic mozzarella cheese, shredded

Optional toppings: kalamata olives, ½ bell pepper, diced red onion

1. Heat oven to 400 degrees.
2. Spread naan on large sheet pan.
3. Evenly spread marinara sauce on naan.
4. Add toppings on top of sauce and layer on cheese.
5. Bake for about 8-10 minutes, until cheese is fully melted.
6. Serve with leftover carrots/hummus, apples.

**Mediterranean Veggie Bowls**

1 red onion, sliced into chunks

½ bell pepper, cut into 1-inch chunks

1 jar of artichokes, drained

½ pint organic grape/cherry tomatoes, sliced

1-2 Tablespoons of olive oil

Juice from half a lemon

Salt and pepper to taste

½ cups Kalamata olives

Naan

Hummus

1. Preheat oven to 400 degrees.
2. Arrange onion, pepper, artichokes, tomatoes, and olives around large sheet pan. Drizzle with olive oil and lemon juice and toss to coat. Sprinkle with salt and pepper.
3. Bake about 15 minutes, remove from oven and stir veggies, checking for doneness. Return to oven if necessary and bake about 10 more minutes.
4. Serve with toasted naan and hummus.