



## PRODUCE

Broccoli, Sweet Potatoes  
Celeriac, Carrots

## PANTRY

Freekeh, Oats, Tortillas  
Pecans, Red Lentils, Pinto Beans

## BREAKFAST



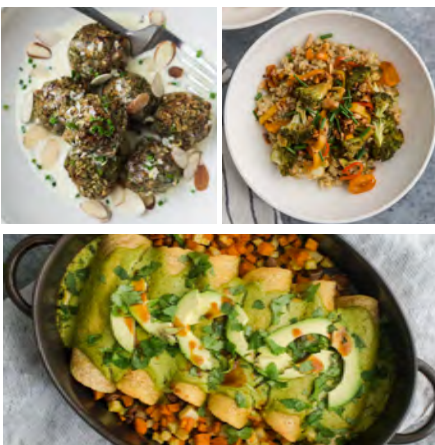
This week includes my favorite, 5-ingredient granola. I make it every week and use it for yogurt breakfast and snacks. For the omelette, if you can't find freekeh, bulgur would work or for gluten-free, I recommend using quinoa..

Rosemary Potato Egg Bake  
Freekeh Omelette with Olives  
Maple Pecan Granola with Yogurt

## LUNCH

Lunch prep includes two of my favorite snacking items: hummus and pickled carrots. Make both ahead and use throughout the week. Leftover cauliflower from the pizza would also work well roasted and added to the stuffed pita.

Broccoli Soup with Ginger  
Olive Tapenade Stuffed Pita  
Hummus Sandwich with Pickled Carrots



## DINNER

Use the enchiladas and red lentil soup as leftovers for lunch. If you have leftover cauliflower, toss into the broccoli bowl.

Roasted Broccoli Bowl  
Root Vegetable Enchiladas  
Coconut Curry Red Lentil Soup  
Lentil Broccoli Bites with Cream Sauce  
Curied Cauliflower Pizza