

# GROCERY LIST - SOUTHWESTERN FIESTA

## PRODUCE

- 2 avocados
- 8-10 oz romaine lettuce
- 3-4 oz baby spinach
- 2 bell peppers
- 1 yellow onion
- 2 sweet potatoes (or 2-3 large carrots)
- 2-3 limes
- 1 bunch fresh cilantro
- 1 small bunch fresh parsley
- 2 garlic cloves
- 2 large garlic cloves

## DAIRY & PROTEIN

- 3-4 oz cheese (shredded cheddar or queso fresco)

## DRY GOODS/FROZEN

- 4 black bean veggie burgers—see recipe (substitute frozen premade veggie burgers)
- 4 tortillas- small (6"), such as fajita or taco size
- 1- 15 oz can of black beans
- 1- 15 oz can of pinto beans (or sub with a second can of black beans)
- 1 cup brown rice (sub quinoa)
- ½ cup sunflower seeds
- ¾ cup rolled oats
- ½ cup bread crumbs (preferably spelt or sprouted grain bread crumbs)
- 1 Tbsp ground flaxseed

## PANTRY, CONDIMENTS & SEASONINGS

- 1 jar of chunky salsa
- Olive oil
- Soy sauce or coconut aminos
- Chili powder
- Dried oregano
- Ground cumin
- Fine-grain sea salt
- Black pepper

## WHAT TO PREP ON SUNDAY

- If choosing to prepare homemade veggie burgers, follow recipe for Black Bean Veggie Burgers.
- Prepare brown rice; cook 1 cup plain or follow recipe for Cilantro-Lime Rice for extra flavor.
- Drain and rinse the pinto beans (or an extra can of black beans) and store in a sealed container in the fridge.
- Rinse, dry, and chop or shred the lettuce and store in a sealed plastic bag in the fridge.
- Wash and dice the bell peppers into chunks and store in a sealed plastic bag in the fridge.
- Finely chop some extra cilantro (for garnishing) and store in a sealed plastic bag in the fridge.

# RECIPES TO PREP

## BLACK BEAN VEGGIE BURGERS (ADAPTED FROM OH SHE GLOWS COOKBOOK)

### INGREDIENTS

- |  |  |
|--|--|
| 1 Tbsp ground flaxseed                                       | ½ cup bread crumbs (preferably spelt or sprouted grain bread crumbs) |
| 1- 15 oz can black beans, drained and rinsed                 | ½ Tbsp olive oil   |
| 1 cup grated sweet potato (or carrots)                       | 1-2 Tbsp soy sauce or coconut aminos                                 |
| 1/3 cup finely chopped fresh cilantro (sub parsley)          | 1 tsp chili powder   |
| 2 large garlic cloves, minced                                | 1 tsp dried oregano  |
| ½ cup finely chopped yellow onions                           | 1 tsp ground cumin   |
| ½ cup sunflower seeds, toasted if preferred                  | 1 tsp fine-grain sea salt  |
| ¾ cup rolled oats, processed into a flour (or use oat flour) | Freshly ground black pepper  |

### STEPS

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a small bowl, whisk the ground flaxseed with 3 Tbsp of water. Set aside for a few minutes and let the mixture thicken.
3. In a large bowl, mash the black beans into a paste, leaving a few beans intact for texture. Stir in the rest of the ingredients and the flaxseed mixture. Adjust the seasonings to taste, if desired. Mix well until combined.
4. With slightly wet hands, shape the dough into 8 patties. Pack the dough tightly to help it hold together during cooking and place the patties on the prepared baking sheet.
5. Bake the patties for 15 minutes, gently flip them, and bake for 15-20 minutes more, until the patties are firm and golden.
6. Let the patties cool and store in a sealed container in the fridge. These veggies burgers keep well for the entire week and also can be frozen after cooking for quick and easy meals down the road.

## CILANTRO-LIME RICE

### INGREDIENTS

- |                  |                                     |
|------------------|-------------------------------------|
| 2 cups water     | 2 tablespoons lime juice            |
| 1 cup brown rice | 1/2 teaspoon salt                   |
|                  | 2 tablespoons minced fresh cilantro |

### STEPS

- 1) Combine the rice and water in a saucepan and bring to a boil.
- 2) Reduce heat, cover and simmer on low for 25 to 30 minutes, or until the rice has absorbed all the liquid.
- 3) Once the rice is cooked, fluff the rice and mix in the lime juice, salt, and cilantro.
- 4) Cool the cooked rice and store in a sealed container in the fridge.

# DAILY MEALS

## MONDAY

### BURRITO BOWL

1 c rice	+
1 black bean burger	+
½ c bell peppers	+
¼ c pinto beans	+
¼ c salsa	+
½ oz cheese	+
¼ avocado	+
cilantro garnish	

## TUESDAY

### SALAD

2 c lettuce	+
1 c baby spinach	+
1 black bean burger	+
½ c bell peppers	+
½ oz cheese	+
½ avocado	+
¼ c salsa	+
squeeze of lime	

## WEDNESDAY

### TACOS

2 tortillas	+
1 black bean burger*	+
½ oz cheese	+
¼ c pinto beans	+
¼ c salsa	+
¼ avocado	+
handful of lettuce	+
cilantro garnish	+
squeeze of lime	

\*Cut black bean burger in half and use half for each tortilla

## THURSDAY

### BURRITO BOWL

2 c lettuce	+
½ c rice	+
1 black bean burger	+
¼ c pinto beans	+
¼ c salsa	+
¼ avocado	+
cilantro garnish	

## FRIDAY

### QUESADILLAS

1 tortilla	+
1 oz cheese	+
1 c baby spinach	+
½ c bell peppers	+
¼ c pinto beans	+
layer another tortilla*	+
top w/salsa	+
top w/1/4 avocado	+
serve w/a side of ½ c rice	

\*Option to microwave to melt cheese

## NOTES:

### LIKES/DISLIKES:

\*Tip: Black bean burgers can be crumbled into “taco meat” for each dish, if desired

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

## PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed “flexitarian,” Catherine’s nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.