

# RAINBOW

eat the rainbow!

# DELICIOUS

Chicpea Sweet Potato Curry  
Roasted Butternut Squash Soup  
Creamy Parsnip Soup  
Easy Homemade Falafels  
Swiss Chard and Caramelized Onion Quiche

## Produce

- yellow onion (1) (1) (1) (1) (1)
- garlic cloves (3) (4) (3) (4)
- ginger (1 T)
- sweet potato (2 medium sized)
- butternut squash (3 1/2 C cooked)
- potatoes (2 medium yellow or 8 baby)
- parsnips (3 large)
- celery ribs (3)
- apple (1 gala)
- cucumber, tomato, lettuce (toppings)
- swiss chard (1 large bunch)

## Herbs

- parsley (garnish) (1 C)

## Spices

- turmeric (1 t)
- curry powder (2 t)
- nutmeg (1/8 t)
- cinnamon (1/4 t)
- bay leaf (1)
- dried thyme (1/2 t) (1 t)
- cumin (1 t)
- coriander (1/2 t)
- cayenne (pinch)
- cardamom (pinch)

## Dairy

- eggs (3)
- milk (3/4 C)
- cheddar (3/4 C)

## Bread & Tortillas

- pita bread (for falafels)

## Pantry Items

- olive oil (2 T) (1 T)
- coconut milk (14 oz)
- coconut sugar or sugar (1 T)
- soy seasoning or tamari (1 T)
- diced tomatoes (1 C)
- chickpeas (14 oz) (14 oz)
- coconut or avocado oil (1 T) (2 T) (1T)
- vegetable stock (3 C) (3 C)
- cashew milk (1 1/4 C)
- pine nuts (garnish)
- chickpea flour (2 T)
- hummus (topping)
- pie crust (1)