

MONDAY



Black Bean & Veggie Baked Tostadas

TUESDAY



Fire-Roasted Slow Cooker Chili

WEDNESDAY



Sauteed Sweet Potatoes & Roasted Veggies

THURSDAY



Chickpea Indian Bowl

FRIDAY



Vodka Pasta



OH MY VEGGIES®
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- chili powder
- butter
- curry powder
- ground cinnamon
- ground ginger
- ground coriander
- smoked paprika
- sugar
- onion powder
- garlic powder
- cayenne pepper
- ground cumin
- red pepper flakes
- sriracha

FRESH PRODUCE

- 1 small zucchini
- 1 bunch cilantro
- 1 bunch green onions
- 2 limes
- 1 bag shredded lettuce*
- 1 avocado*
- 1 pint cherry tomatoes*
- 2 large sweet onions
- 1 red bell pepper
- 1 poblano pepper
- 1 bulb garlic
- 1 bunch fresh mint
- 1 1/2 lbs. sweet potatoes
- 1 large orange
- 1 med. yellow onion
- 1 small pkg. fresh basil

DAIRY & OTHER REFRIGERATED ITEMS

- sour cream
- Greek yogurt
- heavy cream (1 cup)
- reduced-fat shredded Mexican blend cheese
- grated Parmesan cheese

GRAINS, LEGUMES, PASTA & BULK

- raw pecans (2 tbsp.)
- basmati rice (1 cup)
- 1 lb. penne pasta

CANNED & JARRED GOODS

- 1 (15-oz.) can black beans
- salsa
- tomato paste (5 tbsp.)
- 1 (15-oz.) can pinto beans
- 1 (15-oz.) can kidney beans
- 1 (15-oz.) can chickpeas
- 1 (14-oz.) can coconut milk
- 2 (28-oz.) cans crushed fire-roasted tomatoes
- 1 (28-oz.) can diced tomatoes
- 1 (15-oz.) can great northern beans

FROZEN

- corn kernels (1/2 cup)

EVERYTHING ELSE

- vegetable broth (1 1/2 cup)
- medium tortillas
- vodka (1/2 cup)
- vegetable bouillon cubes