

MONDAY



Philly-Style Broccoli Raab Sandwiches

TUESDAY



Thai Cashew Quinoa with Peanut Sauce

WEDNESDAY



Creamy Broccoli Potato Soup

THURSDAY



Penne with Butternut Squash & Kale

FRIDAY



Butternut Squash Flatbread



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- balsamic vinegar
- honey
- soy sauce
- dried oregano
- dried parsley
- dried basil
- red pepper flakes

FRESH PRODUCE

- 1 lime
- 1 large bunch broccoli
- 2 lb. broccoli raab
- 4 lg. portabella mushrooms
- 1 bunch kale
- 1 red bell pepper
- 1 small red cabbage
- 1 large carrot
- 1 bunch green onions
- 1 pkg. fresh sage leaves
- 1 bunch cilantro
- 1 small piece ginger
- 3 large yellow onions
- 1 medium yellow onion
- 1 small red onion
- 1 bulb garlic
- 1 extra-large butternut squash
- 3 large Yukon Gold potatoes

DAIRY & OTHER REFRIGERATED ITEMS

- 1 bag shredded Italian-blend cheese (1/2 cup)
- 1 pkg. sliced provolone cheese
- 1 small block Parmesan cheese

GRAINS, LEGUMES, PASTA & BULK

- raw walnut pieces (2 tbsp.)
- raw cashews (1 1/2 cups)
- quinoa (3/4 cup)
- whole wheat penne (8 oz.)

CANNED & JARRED GOODS

- 1 jar roasted red peppers

EVERYTHING ELSE

- 1 prepared pizza crust
- 1 baguette
- sesame oil (1 tsp.)
- peanut butter (3 tbsp.)
- seasoned rice vinegar (1 tbsp.)
- low-sodium vegetable broth (5 cups)
- white wine (1/3 cup)