

MONDAY



*Portabella Burgers with Herbed Goat Cheese*

TUESDAY



*Cauliflower & Chickpea Coconut Curry*

WEDNESDAY



*Roasted Chickpea Fajitas*

THURSDAY



*Sweet Potato Quinoa Stew*

FRIDAY



*Stuffed Acorn Squash*



OH MY VEGGIES®  
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- coconut oil
- olive oil
- balsamic vinegar
- honey
- dried thyme
- cayenne pepper
- red pepper flakes
- garlic powder
- turmeric
- ground cumin
- ground coriander
- ground cinnamon

FRESH PRODUCE

- 3 large yellow onions
- 1 large sweet potato
- 1 red bell pepper
- 1 green bell pepper
- baby spinach (4 cups)
- arugula
- 1 avocado
- 2 limes
- 1-inch piece ginger
- 1 medium head cauliflower
- 1 bunch cilantro
- lettuce
- 1 bunch fresh thyme
- 1 navel orange
- 1 bosc pear
- 4 medium portabellas
- 2 medium acorn squash
- 1 bulb garlic

DAIRY & OTHER REFRIGERATED ITEMS

- Greek yogurt (3/4 cup)
- goat cheese (8 ounces)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1 1/4 cup)
- raw cashews (1 cup)
- pecans (1/4 cup)
- rice (about 1 cup)

CANNED & JARRED GOODS

- salsa
- 3 (15-oz.) cans chickpeas
- 2 (14-oz.) cans full-fat coconut milk
- 1 (14-oz.) can cannellini beans
- 2 (14.5-oz.) cans diced tomatoes

EVERYTHING ELSE

- medium tortillas
- dried cranberries (1/2 cup)
- garam masala
- 1 packet fajita seasoning
- low-sodium vegetable broth (6 cups)
- 4 burger buns or English muffins