

MONDAY



*Stir-Fried Shiitakes with Tofu & Bok Choy*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- cornstarch
- low-sodium soy sauce
- canola oil
- ground cumin
- ground coriander

TUESDAY



*Spicy Mango Pizza with Black Beans & Zucchini*

FRESH PRODUCE

- 3 large sweet potatoes
- 1 bunch green onions
- 1 bunch cilantro
- 1 large avocado
- 1 small head cauliflower
- 1 pkg. fresh sage leaves
- 1 thumb-sized piece ginger
- 1 head garlic
- 1 lb. bok choy
- 1 small zucchini
- 1 mango
- 1 medium onion
- 1 bunch celery
- 3 medium carrots
- 1 lemon
- 3 (4.5-oz.) pkgs. fresh shiitake mushrooms

WEDNESDAY



*Loaded Sweet Potato Nachos*

DAIRY & OTHER REFRIGERATED ITEMS

- shredded cheddar cheese (1 1/2 c.)
- grated parmesan cheese (1/4 c.)
- shredded Mexican-blend cheese (3/4 c.)
- 1 (14-oz.) pkg. extra-firm tofu
- 1 small container sour cream or Greek yogurt

GRAINS, LEGUMES, PASTA & BULK

- brown lentils (1 c.)
- brown rice (about 1 1/2 c.)

CANNED & JARRED GOODS

- 1 (15-oz.) can black beans
- 1 jar medium or hot salsa

THURSDAY



*Gnocchi with Roasted Cauliflower*

FROZEN

- 1 pound gnocchi (frozen or fresh)

EVERYTHING ELSE

- 1 bottle sriracha
- 1 bottle toasted sesame oil
- vegetable broth (6 c.)
- 1 prepared pizza crust

FRIDAY



*Middle Eastern Lentil & Rice Soup*