

MONDAY



Creamy Avocado & Arugula Pasta

TUESDAY



Tomato Basil Soup & Grilled Cheese

WEDNESDAY



Jalapeño Mac & Cheese

THURSDAY



Sloppy Lentil Sandwiches

FRIDAY



Lemon Arugula Pizza



OH MY VEGGIES®
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- dry mustard powder
- molasses
- cayenne pepper
- butter
- garlic powder
- apple cider vinegar
- all-purpose flour
- brown sugar
- soy sauce

FRESH PRODUCE

- 6 pounds tomatoes
- 1 small yellow onion
- 1 avocado
- 1 (5-oz.) bag mixed baby greens
- 1 bulb garlic
- 2 jalapeño peppers
- 1 (5-oz) bag arugula
- 2 large yellow onions
- 2 lemons
- 1 pkg. fresh basil

DAIRY & OTHER REFRIGERATED ITEMS

- pizza dough (1 lb.)
- medium cheddar cheese (10 oz.)
- fresh mozzarella cheese (6 oz.)
- milk (2 1/2 c.)
- smoked cheddar cheese (6 oz.)
- shredded parmesan cheese (3 oz.)
- heavy whipping cream (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- elbow macaroni (8 oz.)
- spaghetti pasta (6 oz.)
- brown or green lentils (1 c.)

CANNED & JARRED GOODS

- 1 (15-oz.) can tomato sauce
- 1 (6-oz.) can tomato paste

EVERYTHING ELSE

- vegetable broth (6 c.)
- 1 bottle salad dressing
- 4-6 hamburger buns
- Tabasco Green Jalapeño Pepper Sauce
- 1 loaf bread