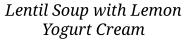




SHOPPING LIST

		THINGS YOU PROBABLY HAVE ON HAND		
		olive oil	red wine vinegar	sweet paprika
ζĺ	Allen	kosher salt	hot sauce	dried oregano
ا يَ	THE WAY	ground cumin	ground coriander	red pepper flakes
UESDAY		ground cinnamon	bay leaves	all-purpose flour
\supseteq		cayenne pepper	smoked paprika	
		FRESH PRODUCE		
	Ancho Lentil Tacos	1 bulb garlic	1 large head cauliflower	2 small broccoli crowns
	Theno Lettii Tucos	1 small onion	1 medium onion	1 small butternut squash
		2 large zucchini	3 lemons	1 bag carrots
ΑΥ		1 bunch celery	1 bunch green onions	☐ 1 large head romaine lettuce
		1 large tomato	1 bunch cilantro	1 avocado
Ω̈́,		1 bunch parsley		
у, Ш				
\mathbb{Z}		DAIRY & OTHER REFRIGERATED ITEMS		
WEDNESDAY		Greek yogurt (1 c.)	eggs (1)	grated parmesan cheese (2/3
>				
	Zucchini Pasta with utternut Squash + Salad	GRAINS, LEGUMES, PASTA & BULK		
R		slivered almonds (3/4 c.)	_	☐ black rice (1/2 c.)
Butternut Squasti + Sataa		raw cashew pieces (3/4 c.)	_ brown	or green lentils (3 c.)
			ND C	
<u>></u>		CANNED & JARRED GOO		aan tamata maata
$\stackrel{\sim}{\Box}$		1 jar roasted red peppers		can tomato paste
HURSDAY		EVERYTHING ELSE		
		vegetable broth (8 1/2 c.)	ground ancho chile	☐ 1 bottle red wine
=		1 bottle salad dressing		aco shells or tortillas
			_ 1 0	
_				





Crispy Cauliflower-Carrot Fritters

c.)