

MONDAY



*Rice, Romesco & Roasted Veggie Bowl*



SHOPPING LIST

TUESDAY



*Ancho Lentil Tacos*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- kosher salt
- ground cumin
- ground cinnamon
- cayenne pepper
- red wine vinegar
- hot sauce
- ground coriander
- bay leaves
- sweet paprika
- dried oregano
- red pepper flakes
- all-purpose flour
- smoked paprika

WEDNESDAY



*Zucchini Pasta with Butternut Squash + Salad*

FRESH PRODUCE

- 1 bulb garlic
- 1 small onion
- 2 large zucchini
- 1 bunch celery
- 1 large tomato
- 1 bunch parsley
- 1 large head cauliflower
- 1 medium onion
- 3 lemons
- 1 bunch green onions
- 1 bunch cilantro
- 2 small broccoli crowns
- 1 small butternut squash
- 1 bag carrots
- 1 large head romaine lettuce
- 1 avocado

DAIRY & OTHER REFRIGERATED ITEMS

- Greek yogurt (1 c.)
- eggs (1)
- grated parmesan cheese (2/3 c.)

GRAINS, LEGUMES, PASTA & BULK

- slivered almonds (3/4 c.)
- sliced almonds (1/4 c.)
- black rice (1/2 c.)
- raw cashew pieces (3/4 c.)
- brown or green lentils (3 c.)

THURSDAY



*Lentil Soup with Lemon Yogurt Cream*

CANNED & JARRED GOODS

- 1 jar roasted red peppers
- 1 small can tomato paste

EVERYTHING ELSE

- vegetable broth (8 1/2 c.)
- ground ancho chile
- 1 bottle red wine
- 1 bottle salad dressing
- 1 pkg. taco shells or tortillas

FRIDAY



*Crispy Cauliflower-Carrot Fritters*