

MONDAY



Pizza Quinoa Stuffed Portabella Mushrooms

TUESDAY



Orzo with Caramelized Fall Vegetables

WEDNESDAY



BBQ Cremini Burgers + Brussels Sprouts

THURSDAY



Slow Cooker Corn & Red Pepper Chowder

FRIDAY



Kale & Apple Salad



OH MY VEGGIES®
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- grapeseed oil
- soy sauce
- ground cinnamon
- dried oregano
- ground cumin
- barbecue sauce
- sugar
- balsamic vinegar
- molasses
- red pepper flakes
- onion powder
- smoked paprika
- butter
- apple cider vinegar
- coarse ground mustard
- allspice
- kosher salt
- cayenne pepper

FRESH PRODUCE

- 2 lbs. Brussels sprouts
- 4 medium yellow onions
- 6 oz. shiitake mushrooms
- 1 small shallot
- 4 extra-large portabella mushrooms
- 4 large cremini mushrooms
- 1 small lemon
- 1 head garlic
- 1 large bunch kale
- 1 pkg. fresh basil
- 3 medium Yukon Gold potatoes
- 1 large sweet potato
- 3-inch piece fresh ginger
- 1 Golden Delicious apple
- 1 medium red bell pepper

DAIRY & OTHER REFRIGERATED ITEMS

- shredded parmesan cheese (4 oz.)
- shredded mozzarella cheese (3/4 c.)
- soy or almond milk

GRAINS, LEGUMES, PASTA & BULK

- 8 oz. orzo pasta
- pecan halves (1/2 c.)
- quinoa (3/4 c.)

CANNED & JARRED GOODS

- 1 (8 oz.) can tomato sauce

FROZEN

- 1 lg. package sweet corn kernels (4 c.)
- 1 pkg. veggie burgers

EVERYTHING ELSE

- vegetable broth (4 c.)
- 4 hamburger buns