

MONDAY



*Nourish Bowl*



SHOPPING LIST

TUESDAY



*Vegetable Stir Fry with Thai Peanut Sauce*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil
- white vinegar
- curry powder
- ground coriander
- cayenne pepper
- coconut oil
- balsamic vinegar
- Dijon mustard
- paprika
- kosher salt
- sriracha or hot sauce
- soy sauce
- ground cumin
- apple cider vinegar
- grapeseed oil

WEDNESDAY



*Roasted Root Vegetable Salad*

FRESH PRODUCE

- 1 head garlic
- 2 lemons
- 2 white onions
- 2 large turnips
- green beans (2 1/2 c.)
- fresh ginger (1 inch)
- 1 bunch collard greens
- 2 large sweet potatoes
- 1 bunch kale
- 1 red onion
- 2 shallots
- 1 lb. parsnips
- 1 large yellow squash
- 12 oz. baby spinach
- fresh thyme
- 1 large cucumber
- 1 extra large spaghetti squash
- 1 yellow onion
- 2 (16-oz.) bags carrots
- 1 red bell pepper
- 2 tomatoes
- 1 bag chopped romaine
- 1 lb. Brussels sprouts
- 1 avocado

DAIRY & OTHER REFRIGERATED ITEMS

- shredded parmesan cheese (1/4 c.)
- 1 container hummus (any flavor)
- feta cheese (3 oz.)

THURSDAY



*A Modest Vegetable Soup*

GRAINS, LEGUMES, PASTA & BULK

- 8 large dates
- nutritional yeast (3/4 c.)
- brown rice (1 1/2 c.)
- raw walnut pieces (1/2 c.)
- hemp seeds (3/4 c.)

CANNED & JARRED GOODS

- 1 (14.5 oz.) can chickpeas
- 1 small jar sun-dried tomatoes
- 1 jar unsweetened creamy peanut butter
- 1 (8-oz.) can water chestnuts
- 1 (14-oz.) can full-fat coconut milk

FRIDAY



*Spaghetti Squash with Garlicky Kale Pesto*

EVERYTHING ELSE

- vegetable stock (32 oz.)