

MONDAY



Curried Quinoa & Asparagus Salad

TUESDAY



Thai Peanut Empowered Noodle Bowl

WEDNESDAY



Sweet & Spicy Mango Fajitas

THURSDAY



Healthy Mac & Cheese + Roasted Broccoli

FRIDAY



Farro Sloppy Joes + Sweet Potato Tots



OH MY VEGGIES®
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- butter
- mustard powder
- brown sugar
- honey
- onion powder
- crushed red pepper flakes
- olive oil
- cayenne pepper
- red wine vinegar
- smoked paprika
- garlic powder
- tamari
- chili powder
- apple cider vinegar
- Madras (hot) curry powder
- sugar
- ground cumin

FRESH PRODUCE

- 2 small yellow onions
- 1 head garlic
- 1 green bell pepper
- 1 small bunch asparagus
- 1 English cucumber
- 1 lemon
- 1 red onion
- 2-inch piece ginger
- 2 red bell peppers
- 1 bunch cilantro
- 1 bunch green onions
- 2 large limes
- 1 small butternut squash
- 4 large carrots
- 1 jalapeño pepper
- 1 medium zucchini
- 2 large crowns broccoli
- 2 mangoes

DAIRY & OTHER REFRIGERATED ITEMS

- milk (3/4 c.)
- shredded cheese (2/3 c.)
- 1 pkg. queso fresco

GRAINS, LEGUMES, PASTA & BULK

- pearled farro (1 c.)
- soba noodles (4 oz.)
- elbow macaroni (2 c.)
- sesame seeds (1-2 tbsp.)
- quinoa (1 c.)
- dried cranberries (handful)

CANNED & JARRED GOODS

- 1 small can tomato paste
- 1 (8-oz.) can tomato sauce
- 1 small jar salsa
- 1 (14 oz.) can chickpeas

FROZEN

- 1 large bag sweet potato tots or fries
- 1 (16-oz.) bag edamame

EVERYTHING ELSE

- vegetable bouillon cubes
- 1 pkg. medium tortillas
- vegetarian Worcestershire sauce
- vegetable broth (5 c.)
- toasted sesame oil
- 4 burger buns or rolls
- peanut or almond butter