

MONDAY



*Spinach, Mushroom & Red Pepper Frittata*

TUESDAY



*Black Bean Flautas with Avocado Dipping Sauce*

WEDNESDAY



*Tomato Artichoke Lentil Stew*

THURSDAY



*Baked Ravioli*

FRIDAY



*Brussels Sprout Pita Pizzas*



OH MY VEGGIES®  
A VEGETARIAN FOOD BLOG

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- dried thyme
- dried parsley
- dried oregano
- dried basil
- bay leaves
- crushed red pepper
- olive oil
- vegetable oil
- hot sauce
- kosher salt

FRESH PRODUCE

- 1 large yellow onion
- 1 large red onion
- 1 small sweet onion
- 1 head garlic
- 1 red bell pepper
- 1 jalapeño pepper
- 2 avocados
- 1/2 lb. Brussels sprouts
- 1 bag baby spinach (4 c.)
- lettuce (a few leaves)
- 1 bunch Tuscan kale
- fresh basil
- 1 bunch fresh parsley
- 1 bunch cilantro
- 3 limes
- 1 (8-oz.) package sliced baby bella mushrooms (1 c.)

DAIRY & OTHER REFRIGERATED ITEMS

- eggs (9)
- cream cheese (1/3 c.)
- mozzarella cheese (6 oz.)
- cojita cheese (1/4 c.)
- crumbled goat cheese (1/2 c.)
- 1 small block parmesan cheese
- 1 (16-oz.) pkg. cheese ravioli

GRAINS, LEGUMES, PASTA & BULK

- red lentils (1 c.)

CANNED & JARRED GOODS

- 1 jar marinara sauce (2 c.)
- 2 (28-oz.) cans fire-roasted whole tomatoes
- 1 (15-oz.) can quartered artichoke hearts
- 1 (16-oz.) can spicy vegetarian refried beans

EVERYTHING ELSE

- 16 white corn tortillas
- 1 (4-pc.) pkg. pita bread