

MONDAY



Vegan Asparagus Risotto

TUESDAY



Red Cabbage Bowl with Tofu & Peanut Sauce

WEDNESDAY



Crispy Quinoa Cakes

THURSDAY



Roasted Sweet Potato & Black Bean Tacos

FRIDAY



Orecchiette with Chickpeas & Olives



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|--|
| ☐ olive oil | ☐ ground cumin | ☐ chili powder |
| ☐ cayenne pepper | ☐ kosher salt | ☐ bay leaf |
| ☐ sesame oil | ☐ soy sauce | ☐ rice vinegar |
| ☐ ground ginger | ☐ agave nectar or honey | ☐ red pepper flakes |

FRESH PRODUCE

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|---|---|--|
| ☐ 1 extra-large sweet potato | ☐ 1 small yellow onion | ☐ 1 large red onion |
| ☐ 2 shallots | ☐ 2 heads garlic | ☐ 1 lime |
| ☐ 2 lemons | ☐ 1 bunch cilantro | ☐ 1 pkg. fresh basil |
| ☐ 1 pkg. fresh rosemary | ☐ 1 large head red cabbage | ☐ 1 (5-oz.) pkg. baby arugula |
| ☐ 2 red bell peppers | ☐ sugar snap peas (1 1/2 c.) | ☐ 1 bunch asparagus |

DAIRY & OTHER REFRIGERATED ITEMS

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| ☐ eggs (4) | ☐ grated parmesan cheese (1 c.) |
| ☐ 1 (14-oz.) pkg. extra-firm tofu | |

GRAINS, LEGUMES, PASTA & BULK

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|---|---|---|
| ☐ quinoa (about 1 c.) | ☐ raw cashews (1 1/2 c.) | ☐ 1 lb. arborio rice |
| ☐ 12 oz. orecchiette pasta | | |

CANNED & JARRED GOODS

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|---|---|---|
| ☐ 1 jar salsa | ☐ 1 (15-oz.) can black beans | ☐ 1 (15-oz.) can chickpeas |
| ☐ 1 jar creamy peanut butter | ☐ 1 jar kalamata olives | ☐ 1 small can tomato paste |

EVERYTHING ELSE

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|--|---|--|
| ☐ 1 pkg. small tortillas (12) | ☐ breadcrumbs (1 1/2 c.) | ☐ dry white wine (1 c.) |
| ☐ low-sodium vegetable broth (9 c.) | ☐ 1 bottle sriracha | |