



MONDAY



*Asparagus & Leek Frittata*

TUESDAY



*Tomato Soup & Grilled Cheese Toasts*

WEDNESDAY



*Sweet Potato Burgers*

THURSDAY



*Vegan Paella*

FRIDAY



*Lemon Gremolata Pizza*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- kosher salt
- dried oregano
- olive oil
- ground cinnamon
- red pepper flakes
- paprika
- sherry vinegar

FRESH PRODUCE

- 1 medium red onion
- 1 medium sweet potato
- 2 large oranges
- 2 Hass avocados
- 1 medium head cauliflower
- 1 medium white onion
- 1 pkg. fresh thyme
- 2 lemons
- 1 large leek
- 1 bag mixed salad greens
- 1 head garlic
- 1 bunch parsley
- 1 poblano pepper
- 1 bunch thin asparagus

DAIRY & OTHER REFRIGERATED ITEMS

- butter (4 tbsp.)
- 8 oz. part-skim shredded mozzarella cheese
- grated parmesan cheese (about 1/3 c.)
- 1 (12 ct.) carton eggs
- 6 oz. aged cheddar, gouda, or gruyere
- shredded parmesan cheese (3/4 c.)
- 4 oz. fontina cheese

GRAINS, LEGUMES, PASTA & BULK

- arborio rice ( 2 1/2 c.)

CANNED & JARRED GOODS

- 1 (15-oz.) can cannellini beans
- 1 (28-oz.) can diced tomatoes
- 1 small can tomato paste
- 1 (14-oz.) can whole fire-roasted tomatoes

FROZEN

- 1 pkg. frozen artichoke hearts

EVERYTHING ELSE

- saffron threads (12-15)
- 1 bottle salad dressing
- panko breadcrumbs (1 1/2 c.)
- vegetable stock (4 c.)
- 4 burger buns
- olives (any kind!)
- 1 loaf country bread