



SHOPPING LIST

MONDAY



Southwestern Veggie Wraps

TUESDAY



Thai-Style Broccoli Salad

WEDNESDAY



Last Minute Sesame Noodles

THURSDAY



Vegetarian Mulligatawny Soup

FRIDAY



Crispy Cauliflower Cakes

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (3 1/2 tbsp.)
- rice wine vinegar (2 tbsp.)
- red pepper flakes (1 1/2 tsp.)
- ground coriander (1 tsp.)
- bay leaves (2)
- sesame oil (2 tbsp.)
- low sodium soy sauce (1/2 c.)
- curry powder (1 tbsp.)
- turmeric (1/2 tsp.)
- canola oil (3 tbsp.)
- honey or maple syrup (1/4 c.)
- ground cumin (2 1/2 tsp.)
- smoked paprika (1/4 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 russet potato
- 1 large lemon
- 1 large apple
- 3 red bell peppers
- 4 carrots
- 1 small head cauliflower
- 1 medium onion
- 1 large sweet potato
- 3 limes
- 1 bunch green onions
- 1 red jalapeño pepper
- 2 heads broccoli (1 lb.)
- 1 (6-oz.) bag baby spinach
- 1 small red onion
- 1 (2-inch) piece ginger
- 2 mangoes
- 1 bunch cilantro
- 1 small red cabbage
- 1 bunch celery
- 1 large tomato

DAIRY & OTHER REFRIGERATED ITEMS

- guacamole (1 c.)
- grated Parmesan (3 tbsp.)
- eggs (1)
- shredded Fontina or Gruyere cheese (1/2 c.)
- plain yogurt (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- 1 lb. spaghetti
- 2 c. brown basmati or jasmine rice
- sesame seeds (1/2 c.)
- raw cashews (1 c.)

CANNED & JARRED GOODS

- 1 (15-oz.) can chickpeas
- 1 (15-oz.) can black beans
- 1 (13-oz.) can coconut milk

FROZEN

- 1 pkg. shelled edamame (1 1/2 c.)

EVERYTHING ELSE

- sambal chili paste (1 tbsp.)
- panko breadcrumbs (3/4 c.)
- avocado oil (1/4 c.)
- 1 pkg. large tortillas (4)
- vegetable broth (4 c.)