



MONDAY



*Penne with Asparagus and Lemon Pesto*

TUESDAY



*Roasted Mushrooms on White Bean Puree*

WEDNESDAY



*Miso Roasted Veggie Tofu Bowl*

THURSDAY



*Baked Fried Brown Rice*

FRIDAY



*Mediterranean Calzones*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/4 c.)
- extra-virgin olive oil (2 tbsp.)
- coconut oil (2 tbsp.)
- sesame oil (1 tbsp.)
- rice vinegar (6 tbsp.)
- soy sauce (3 tbsp. + 1 tsp.)
- sriracha (2 tbsp.)
- dried oregano (1 tsp.)
- dried thyme (1 tsp.)
- white pepper (1/8 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 small piece fresh ginger
- 2 medium sweet potatoes
- 1 lemon
- pineapple chunks (1 c.)
- 2 plum tomatoes
- 4 lg. portabella mushrooms
- 1 medium zucchini
- 1 bunch asparagus
- 1 lg. English cucumber
- 1 bunch green onions
- 1 bunch cilantro (1/3 c.)
- 1 bunch parsley (1/2 c.)
- 1 pkg. fresh basil (1/2 c.)

DAIRY & OTHER REFRIGERATED ITEMS

- grated parmesan (1/2 c.)
- 4 oz. fresh mozzarella
- 1 pkg. shredded mozzarella (1 c.)
- 1 pkg. crumbled feta (1/2 c.)
- 1 lg. container ricotta (2 c.)
- fat-free milk (1/2 c.)
- white or red miso (1/4 c.)
- 1 (14-oz.) pkg. firm tofu
- 2 (1 lb.) whole wheat pizza dough balls

GRAINS, LEGUMES, PASTA & BULK

- 8 oz. penne pasta
- pine nuts (1/4 c.)
- quinoa (1 c.)
- brown rice (about 2 c.)
- raw cashew pieces (1/2 c.)

CANNED & JARRED GOODS

- 1 jar pizza sauce (1/2 c.)
- 1 jar kalamata olives (1/3 c.)
- 1 jar roasted red peppers (1/2 c.)
- 1 can artichoke hearts in water (1/2 c.)
- 2 (14.5 oz.) cans unsalted Great Northern beans

FROZEN

- 1 pkg. shelled edamame (1 c.)

EVERYTHING ELSE

- veggie bouillon cubes (1)