



MONDAY



Shaved Asparagus & Gorgonzola Pizza

TUESDAY



Smashed Chickpea Egg Salad Sandwiches

WEDNESDAY



Lentil Taco Salad

THURSDAY



Cauliflower Hummus Burgers

FRIDAY



Roasted Cauliflower & Red Onion Pasta

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (3/4 c.)
- honey (1 tbsp.)
- kosher salt
- Dijon mustard (1 tbsp.)
- ground cumin (1 tbsp.)
- mayonnaise (2 tbsp.)

FRESH PRODUCE

- 3 lemons
- 1 small cucumber
- 1 large head garlic
- 1 large red onion
- 1 tomato
- 1 small bunch parsley
- 1 lime
- 1 large head cauliflower
- 1 large bunch green onions
- 2 small red onions
- 1 pkg. cherry tomatoes (2 c.)
- 2-3 medium avocados
- 1 bunch asparagus (1/2-3/4 lb.)
- 1 head romaine lettuce (6 c.)
- spinach (1 handful)
- 1 pkg. mint (1 tsp.)

DAIRY & OTHER REFRIGERATED ITEMS

- 1 lb. prepared pizza dough
- gorgonzola cheese (1/4 lb.)
- 5 eggs
- non-fat Greek yogurt (1/2 c.)
- feta cheese (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- 1 lb. whole wheat penne
- brown lentils (1 1/2 c.)
- pine nuts (1/4 c.)

CANNED & JARRED GOODS

- 2 (15-oz.) cans chickpeas
- 1 (4-oz.) can diced green chiles
- tahini (1/4 c.)
- 1 (6-oz.) can whole black olives

EVERYTHING ELSE

- 1 loaf sandwich bread
- green Tabasco sauce (2 tbsp.)
- 6 hamburger buns
- taco seasoning (1 tbsp.)