



SHOPPING LIST

MONDAY



Sweet Potato Burritos

TUESDAY



30-Minute Vegetarian Pho

WEDNESDAY



30-Minute Coconut Curry

THURSDAY



White Bean & Potato Tacos

FRIDAY



Sweet Potato Vegan Alfredo

THINGS YOU PROBABLY HAVE ON HAND

- extra-virgin olive oil (2 tbsp.)
- olive oil (5 tbsp.)
- sesame oil (2 tsp.)
- balsamic vinegar (1 tbsp.)
- butter (1 1/2 tbsp.)
- ground cumin (1/2 tsp.)
- curry powder (1 tbsp.)
- smoked hot paprika (1/2 tsp.)
- cayenne pepper (1/4 tsp.)
- red pepper flakes

FRESH PRODUCE

- 2 shallots
- 1 small yellow onion
- 1 lemon
- 1 small tomato
- 1 small crown broccoli
- 1 bag salad greens
- 8 oz. bean sprouts
- 1 pkg. fresh basil
- 1 (4-inch) piece ginger
- 1 head garlic
- 3 medium sweet potatoes
- 4 limes
- 1 pint cherry tomatoes
- 1 bunch green onions
- 1/3 c. snow peas
- 6 oz. shiitake mushrooms
- 1 pkg. fresh chives
- 1 small red onion
- 4 small potatoes
- 2 avocados
- 3 small jalapeño peppers
- 1 head romaine lettuce
- 1 medium carrot
- 1 bunch cilantro
- 1 pkg. fresh rosemary

DAIRY & OTHER REFRIGERATED ITEMS

- shredded jack cheese (1 c.)
- 1 small container sour cream

GRAINS, LEGUMES, PASTA & BULK

- 1 lb. fettuccine
- 14 oz. rice noodles
- 1 c. quinoa
- 1 c. raw cashews
- 1/4 c. pine nuts

CANNED & JARRED GOODS

- roasted red peppers (2)
- mild salsa verde (1 c.)
- hoisin sauce (1 1/2 tbsp.)
- tomato paste (1 tbsp.)
- 1 (15-oz.) can black beans
- 1 (15-oz.) can cannellini beans

EVERYTHING ELSE

- 1 bottle salad dressing
- small corn tortillas (6-8)
- large whole wheat tortillas (4-6)
- 72 oz. low-sodium vegetable broth
- 3 (13.5-oz.) cans lite coconut milk