



MONDAY



*Mushroom & Kale Grilled Cheese*

TUESDAY



*Creamy Broccoli-White Bean Soup*

WEDNESDAY



*Vegetable Lo Mein*

THURSDAY



*Slow Cooker Quinoa White Chili*

FRIDAY



*Huevos Rancheros Enchiladas*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- butter (6 tbsp.)
- olive oil (5 tbsp.)
- extra-virgin olive oil (2 tbsp.)
- sesame oil (1 tbsp.)
- soy sauce (1 tbsp.)
- kosher salt (1 tsp.)
- red pepper flakes (pinch)
- smoked paprika (1/4 tsp.)
- ground cumin (2 tsp.)
- dried oregano (1 tsp.)
- ground cloves (1/4 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 medium yellow onion
- 2 small yellow onions
- 1 small red onion
- 1 large sweet potato
- 1 large russet potato
- 1 bunch kale
- 1 yellow bell pepper
- 1 medium green bell pepper
- 2 poblano peppers
- 1 carrot
- 1 head broccoli (1 lb.)
- 1 bunch green onions
- 1 bunch cilantro
- 8 oz. white mushrooms
- 24-30 small shiitake mushrooms (or 8 oz. cremini mushrooms)

DAIRY & OTHER REFRIGERATED ITEMS

- eggs (8)
- parmesan cheese (1/2 oz.)
- baby Swiss cheese slices (16)
- shredded pepper jack cheese (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (3/4 c.)
- pine nuts (1 tbsp.)
- dried lo mein or spaghetti (8 oz.)

CANNED & JARRED GOODS

- jarred salsa (1 1/4 c.)
- hoisin sauce (1/4 c.)
- 3 (15-oz.) cans cannellini beans

EVERYTHING ELSE

- 1 loaf sourdough bread
- small corn tortillas (10-12)
- vegetable stock (6 1/2 c.)