



SHOPPING LIST

MONDAY



Cream of Asparagus Soup

TUESDAY



Balancing Buddha Bowl

WEDNESDAY



Cabernet Portabella Burgers

THURSDAY



Detox Salad with Lemon Dressing

FRIDAY



Mediterranean Quinoa Salad

THINGS YOU PROBABLY HAVE ON HAND

- unsalted butter (4 tbsp.)
- olive oil (1 c.)
- pure maple syrup (1 tsp.)
- agave nectar (1 tbsp.)
- red wine vinegar (1/3 c.)
- apple cider vinegar (2 tsp.)
- brown sugar (2 tsp.)
- dried thyme (1/2 tsp.)
- curry powder (3/4 tsp.)
- cayenne pepper (1 pinch)

FRESH PRODUCE

- 1 head garlic
- 1 large yellow onion
- 1 large red onion
- 1 (1-in.) piece ginger
- 1 large shallot
- 2 carrots
- 1 small bunch radishes
- 1 crown broccoli
- 1 small head red cabbage
- 1 bunch lacinato kale
- 2 large sweet potatoes
- 2 avocados
- 1 red bell pepper
- 3 lbs. asparagus
- baby spinach (3 oz.)
- 4 lg. portabella mushrooms
- 1 large heirloom tomato
- 4 lemons
- 1 small bunch parsley
- 1 pkg. fresh rosemary
- arugula (2 c.)

DAIRY & OTHER REFRIGERATED ITEMS

- white miso (1 tbsp.)
- 1 (8-oz.) pkg. tempeh
- heavy cream (1/2 c.)
- 4 oz. feta cheese
- 1 pkg. sliced cheddar cheese (4 slices)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (2 c.)
- brown rice (about 3/4 c.)
- sesame seeds (2 tbsp.)
- pecan halves (1/4 c.)
- raw walnuts (1 c.)

CANNED & JARRED GOODS

- 1 (12-oz.) jar pitted kalamata olives
- 1 (8.5 oz.) jar sun-dried tomatoes in oil

FROZEN

- 1 pkg. shelled edamame (1 c.)

EVERYTHING ELSE

- vegetable broth (6 c.)
- flax oil (1 tsp.)
- 1 bottle cabernet sauvignon (2 c.)
- 1 loaf focaccia bread or 4 burger buns