



MONDAY



*Three Pea Ginger Tofu Stir Fry*

TUESDAY



*Cheese & Roasted Vegetable Manicotti*

WEDNESDAY



*Roasted Broccoli & Sun-Dried Tomato Pizza*

THURSDAY



*Spicy Indian Chickpeas with Brown Rice*

FRIDAY



*Veggie Burgers + Roasted Cauliflower with Tahini*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- vegetable oil (2 1/2 tbsp.)
- olive oil (5 tbsp. + 1 tsp.)
- sesame oil (2 tsp.)
- low sodium soy sauce (2 tsp.)
- ground cinnamon (1 1/2 tsp.)
- garam masala (1 1/2 tsp.)
- red pepper flakes (1/2 tsp.)
- cayenne pepper (1/4 tsp.)
- ground cumin (2 tsp.)
- ground coriander (1 tsp.)
- ground cloves (1/2 tsp.)

FRESH PRODUCE

- 2 heads garlic
- 1 medium yellow onion
- 1 (5-inch) piece ginger
- 2 lemons
- sugar snap peas (2 c.)
- snow peas (2 c.)
- 1 large head cauliflower
- 1 crown broccoli
- 8 oz. cremini mushrooms
- 1 small/baby eggplant
- 1 small zucchini
- 1 (5-oz.) bag salad greens
- 1 pkg. fresh basil leaves

DAIRY & OTHER REFRIGERATED ITEMS

- eggs (1)
- 1 lb. pizza dough
- 1 (15-oz.) pkg. extra-firm tofu
- 1 container pesto (2-3 tbsp.)
- 1 (15-oz.) tub ricotta cheese
- 1 pkg. sliced cheese (4 slices)
- shredded mozzarella cheese (2 c.)
- shredded parmesan cheese (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- sesame seeds (3 tbsp.)
- pine nuts (1 tbsp.)
- brown rice (about 2 c.)
- 1 pkg. manicotti shells (14)

CANNED & JARRED GOODS

- tomato paste (2 tbsp.)
- 3 (15-oz.) cans chickpeas
- 1 jar marinara sauce (2 c.)
- 1 jar sun-dried tomatoes (1/2 c.)

FROZEN

- 1 bag frozen peas (2 c.)
- 1 pkg. frozen veggie burgers

EVERYTHING ELSE

- tahini paste (1/2 c.)
- hamburger buns (4)
- 1 bottle salad dressing