



MONDAY



*Brown Rice Greek Salad*

SHOPPING LIST

TUESDAY



*Grilled Portabella Burgers*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 2/3 c.)
- dried mint (1 tbsp.)
- balsamic vinegar (1/4 c.)
- dried basil (1 tbsp.)
- dried oregano (4 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 bunch green onions
- 4 lg. portabella mushrooms
- 2 lemons
- baby spinach leaves (1 c.)
- 1 medium yellow onion
- 1 medium cucumber
- 4 oz. button mushrooms
- fresh thyme (1 tbsp.)
- 1 medium shallot
- cherry or grape tomatoes (2 c.)
- 3 medium zucchini
- fresh basil (1/2 c.)

WEDNESDAY



*Easy Cheesy Veggie Skillet Lasagna*

DAIRY & OTHER REFRIGERATED ITEMS

- 1 pkg. vegetarian sausage (1)
- 1 (15-oz.) container ricotta
- 2 oz. feta cheese
- 2.5 oz. parmesan cheese
- 1 (16-oz.) pkg. shredded mozzarella

GRAINS, LEGUMES, PASTA & BULK

- lasagna noodles (8 oz.)
- pine nuts (1/4 c.)
- brown rice (about 1/2 lb.)

CANNED & JARRED GOODS

- 1 jar kalamata olives (1/2 c.)
- 1 (15-oz.) can chickpeas
- 1 (24-oz.) jar marinara sauce

FROZEN

- 1 bag frozen corn kernels (1 1/2 c.)
- 1 bag frozen shelled edamame (1 c.)

EVERYTHING ELSE

- 1 prepared pizza crust
- ciabatta rolls (4)

THURSDAY



*Summer Veggie Rice Bowls*

FRIDAY



*Sweet Corn, Sausage, & Thyme Pizza*