



SHOPPING LIST

MONDAY



Summer Vegetable Linguine with Feta

TUESDAY



Pesto Quinoa & White Bean Cakes

WEDNESDAY



Kung Pao Veggies

THURSDAY



Cherry Almond Farro Salad

FRIDAY



Crispy Vegetable Quesadillas

THINGS YOU PROBABLY HAVE ON HAND

- extra-virgin olive oil (6 tbsp.)
- grapeseed oil (2 tbsp.)
- balsamic vinegar (2 tbsp.)
- cornstarch (3 1/2 tsp.)
- canola oil (1 tsp.)
- mirin (1 tbsp.)
- sugar (2 tsp.)
- red pepper flakes (3/4 tsp.)
- toasted sesame oil (2 tsp.)
- tamari or soy sauce (2 tbsp. + 2 tsp.)
- Mexican hot sauce/Cholula (2 tsp.)

FRESH PRODUCE

- 1 small red onion (3 tbsp.)
- 1 bunch green onions
- 2 pints cherry tomatoes
- 1 small eggplant
- 1 lime
- 1 pkg. fresh mint (2 tbsp.)
- 1 head garlic
- 1 large poblano chile
- 2 lg. ears fresh corn
- 1 red bell pepper
- 2 c. sweet cherries
- 1 pkg. fresh basil (6 tbsp.)
- 1 small piece fresh ginger
- 4 roma tomatoes
- 4 small zucchini
- 2 lemons
- 5 oz. fresh spinach

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- 2 oz. shredded mozzarella
- 1 sm. container light sour cream (6 tbsp.)
- 8 oz. crumbled feta
- 1 (8-oz.) pkg. tempeh
- 3 oz. shredded sharp cheddar
- 1 container basil pesto (1/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- 12 oz. whole wheat linguine
- 1 c. farro
- 1 1/4 c. quinoa
- 1/4 c. slivered almonds
- 1 pkg. precooked quinoa & brown rice
- unsalted dry-roasted peanuts (1/4 c.)

CANNED & JARRED GOODS

- hoisin sauce (2 tsp.)
- 1 (15-oz.) can black beans
- 1 (15-oz.) can cannellini beans

FROZEN

- 1 small pkg. frozen corn kernels (1/2 c.)

EVERYTHING ELSE

- panko (1/4 c.)
- 8 (6-in.) flour tortillas
- white balsamic vinegar (1/4 c.)