



MONDAY



*Strawberry Quinoa Balsamic Salad*

TUESDAY



*Grilled Cauliflower "Steak" Burgers*

WEDNESDAY



*Sweet Potato & Black Bean Mexican Salad*

THURSDAY



*Firecracker Cauliflower*

FRIDAY



*Red Lentil Tacos*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (5 tbsp.)
- balsamic vinegar (1 tbsp.)
- rice vinegar (2 1/4 tsp.)
- mayonnaise (4 tbsp.)
- Dijon mustard (4 tbsp.)
- honey (1/2 c. + 2 tsp.)
- garlic powder (1/2 tsp.)
- sweet paprika (1/4 tsp.)
- smoked paprika (1 tsp.)
- chili powder (1 tbsp.)
- ground cumin (1 tsp.)
- dried oregano (1/2 tsp.)
- cayenne pepper (1/8 tsp.)
- sriracha sauce (3 tbsp.)

FRESH PRODUCE

- 2 red onions
- 1 head garlic (3 cloves)
- 2 bunches green onions
- 2 medium heads cauliflower
- 1 cucumber
- 1 large tomato
- 2 large sweet potatoes
- 2 large avocados
- 1 small head purple cabbage
- 1 head romaine lettuce
- arugula (1 c.)
- strawberries (1 c.)
- 3 limes
- 1 bunch cilantro
- 1 pkg. fresh basil (2-3 tbsp.)

DAIRY & OTHER REFRIGERATED ITEMS

- 2 eggs
- milk (3 tbsp.)
- sliced provolone cheese (4)
- 1 (8-oz.) container fresh mozzarella balls

GRAINS, LEGUMES, PASTA & BULK

- 1 c. red lentils
- 1 c. tri-color quinoa
- 2 c. brown or white rice
- whole wheat flour (1/2 c.)

CANNED & JARRED GOODS

- 1 small jar salsa
- 1 (15-oz.) can black beans

FROZEN

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

EVERYTHING ELSE

- vegetable broth (2 c.)
- 12 corn tortillas
- whole wheat breadcrumbs (1 c.)
- 4 ciabatta rolls