

MONDAY



*Avocado & Tomato
Grilled Cheese*

TUESDAY



Seitan Cacciatore

WEDNESDAY



*Garlicky Grilled
Kale Salad*

THURSDAY



*Mexican Baked
Polenta*

FRIDAY



*Fettuccine with Swiss
Chard & Garlic*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|--|
| ☐ extra-virgin olive oil (4 tbsp.) | ☐ olive oil (1 1/2 tbsp.) | ☐ grapeseed oil (3 tbsp.) |
| ☐ salted butter (1 tbsp.) | ☐ ground cumin (1 tsp.) | ☐ chili powder (1/2 tsp.) |
| ☐ dried oregano (1/2 tsp.) | ☐ cayenne pepper (pinch) | ☐ dried rosemary (3/4 tsp.) |

FRESH PRODUCE

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|--|---|--|
| ☐ 1 medium yellow onion | ☐ 1 small yellow onion | ☐ 1 head garlic |
| ☐ 1 lime | ☐ 1 large lemon | ☐ 1 large tomato |
| ☐ 1 ripe avocado | ☐ 8 oz. white mushrooms | ☐ 1 medium zucchini |
| ☐ 1 red bell pepper | ☐ 2 bunches kale (1 lb.) | ☐ 1 small bunch Swiss chard |
| ☐ 1 bunch cilantro | | |

DAIRY & OTHER REFRIGERATED ITEMS

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| ☐ 4 oz. queso fresco | ☐ 3 oz. white cheddar | ☐ parmesan cheese (about 3 oz.) |
| ☐ 2 (8-oz.) packages seitan | | |

GRAINS, LEGUMES, PASTA & BULK

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| ☐ all-purpose flour (1/4 c.) | ☐ 8 oz. fettuccine pasta | ☐ couscous (about 1 c.) |
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CANNED & JARRED GOODS

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| ☐ vegetable broth (1 c.) | ☐ 1 (15-oz.) can black beans | ☐ 1 (14-oz.) can no salt diced tomatoes |
| ☐ salsa (1/2 c.) | ☐ kalamata olives (1/4 c.) | ☐ jarred roasted red peppers (3/4 c.) |

EVERYTHING ELSE

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| ☐ 1 (24-oz.) tube polenta | ☐ dry white wine (1/2 c.) | ☐ 1 loaf sourdough bread |
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