



SHOPPING LIST

MONDAY



*Vegan Southwest
BLT Salad*

TUESDAY



*Summer Chickpea
Salad*

WEDNESDAY



*Mushroom Zucchini
Quesadillas*

THURSDAY



*Thai Sweet Potato
Nachos*

FRIDAY



Barbecue Tofu Pizza

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|---|
| <input type="checkbox"/> rice vinegar (2 tbsp.) | <input type="checkbox"/> red wine vinegar (2 tbsp.) | <input type="checkbox"/> tamari/soy sauce (3 tbsp.) |
| <input type="checkbox"/> toasted sesame oil (1 tbsp.) | <input type="checkbox"/> vegetable/canola oil (1/4 c.) | <input type="checkbox"/> olive oil (5 1/2 tbsp.) |
| <input type="checkbox"/> barbecue sauce (1 c.) | <input type="checkbox"/> honey (1 1/2 tbsp.) | <input type="checkbox"/> maple syrup (1 tbsp.) |
| <input type="checkbox"/> brown sugar (2 tsp.) | <input type="checkbox"/> chili powder (1/2 tsp.) | <input type="checkbox"/> ground cumin (1/2 tsp.) |
| <input type="checkbox"/> smoked paprika (1/2 tsp.) | <input type="checkbox"/> cornstarch (1/4 c.) | |

FRESH PRODUCE

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|--|--|---|
| <input type="checkbox"/> 1 small red onion | <input type="checkbox"/> 1 small piece ginger | <input type="checkbox"/> 1 head garlic |
| <input type="checkbox"/> 2 large sweet potatoes | <input type="checkbox"/> 4 large limes | <input type="checkbox"/> 2 large tomatoes |
| <input type="checkbox"/> 1 pint cherry tomatoes | <input type="checkbox"/> 2 avocados | <input type="checkbox"/> 2 bunches green onions |
| <input type="checkbox"/> 8 oz. sliced mushrooms | <input type="checkbox"/> 1 medium zucchini | <input type="checkbox"/> 4 ears corn |
| <input type="checkbox"/> 2 jalapeño peppers | <input type="checkbox"/> 1 (5-oz.) pkg. baby lettuce | <input type="checkbox"/> 1 small red bell pepper |
| <input type="checkbox"/> 1 small carrot | <input type="checkbox"/> 2 bunches cilantro | <input type="checkbox"/> 1 pkg. fresh basil (3 tbsp.) |
| <input type="checkbox"/> 1 pkg. fresh chives (2 tbsp.) | | |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|---|
| <input type="checkbox"/> 1 (15-oz.) pkg. extra-firm tofu | <input type="checkbox"/> 1 (16-oz.) ball pizza dough (or premade crust) |
| <input type="checkbox"/> shredded Mexican blend cheese (1 1/2 c.) | <input type="checkbox"/> shredded mozzarella cheese (3 c.) |

GRAINS, LEGUMES, PASTA & BULK

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|---|---|---|
| <input type="checkbox"/> roasted peanuts (1/4 c.) | <input type="checkbox"/> raw cashews (1/2 c.) | <input type="checkbox"/> walnuts (1/4 c.) |
|---|---|---|

CANNED & JARRED GOODS

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|--|---|---|
| <input type="checkbox"/> 2 (15-oz.) cans chickpeas | <input type="checkbox"/> 1 (15-oz.) can black beans | <input type="checkbox"/> natural peanut butter (1/2 c.) |
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EVERYTHING ELSE

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|---|--|--|
| <input type="checkbox"/> liquid smoke (1 tbsp.) | <input type="checkbox"/> 1 pkg. med. flour tortillas | <input type="checkbox"/> unsweetened flaked coconut (1 1/2 c.) |
|---|--|--|