



SHOPPING LIST

MONDAY



Beer-Marinated Grilled Mushroom Tacos

TUESDAY



Chipotle Peach BBQ Farro Sandwiches

WEDNESDAY



Watermelon, Green Olive & Pistachio Salad

THURSDAY



Vegan Eggplant Meatballs

FRIDAY



Mint Pesto Couscous with Tofu & Arugula

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/2 c. + 3 tbsp.)
- molasses (2 tbsp.)
- grapeseed oil
- brown sugar (1 tbsp.)
- apple cider vinegar (2 tbsp.)
- ground cumin (2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 lemons
- 1 medium tomato
- 1 lb. eggplant
- 1 bunch cilantro
- 3 yellow onions
- 3 limes
- 1 medium green bell pepper
- arugula (4 c.)
- fresh mint leaves (1 c.)
- 1 small red onion
- 1 small watermelon (4 lbs.)
- 8 med. portabella mushrooms
- 1 bunch parsley

DAIRY & OTHER REFRIGERATED ITEMS

- 1 lb. extra-firm tofu
- 4 oz. crumbled feta

GRAINS, LEGUMES, PASTA & BULK

- raw walnuts (1/2 c.)
- pepitas (1/4 c.)
- 8 oz. spaghetti
- raw cashew pieces (3/4 c.)
- couscous (1 1/2 c.)
- roasted pistachios (1/2 c. chopped)
- pearly farro (1 c.)

CANNED & JARRED GOODS

- marinara sauce (2 c.)
- pitted green olives (1/4 c. quartered)
- peach preserves (1/4 c.)
- 1 (8-oz.) can tomato sauce

EVERYTHING ELSE

- 8 burger rolls
- pale lager/Corona (1 c.)
- whole wheat breadcrumbs (1 c.)
- 8-10 small tortillas
- 1 sm. can chipotles in adobo
- 1 (15-oz.) can white beans (1 c.)
- white balsamic vinegar (1 tbsp.)