



MONDAY



*Eggplant Parmigiana Panini*

TUESDAY



*Taco-Stuffed Zucchini*

WEDNESDAY



*Soba Noodles with Miso Roasted Tomatoes*

THURSDAY



*Broccoli Cheddar Brown Rice Casserole*

FRIDAY



*Black Bean & Quinoa Freezer Burritos*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1 tbsp.)
- toasted sesame oil (1 tbsp.)
- butter (2 tbsp.)
- smoked paprika (2 1/2 tsp.)
- dried oregano (1 tsp.)
- canola oil (1/3 c.)
- honey (1 tbsp.)
- all-purpose flour (2 tbsp.)
- chili powder (4 tsp.)
- cayenne pepper (1/2 tsp.)
- grapeseed oil (2 tbsp.)
- rice vinegar (3 tbsp.)
- ground cumin (2 tbsp.)
- onion powder (1 tbsp.)
- mustard powder (1/2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 small piece ginger
- 2 tomatoes
- 1 large red bell pepper
- 1 eggplant
- 1 bunch cilantro
- 1 small yellow onion
- 1 large lime
- 1 medium zucchini
- 3 jalapeño peppers
- 1 bunch green onions
- 1 pkg. fresh basil (8 leaves)
- 1 large yellow onion
- 2 pints cherry tomatoes
- 2 large zucchini
- 2 crowns broccoli
- shredded carrots (1/2 c.)

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (8-oz.) pkg. tempeh
- shredded mozzarella (1 c.)
- shredded pepper or Monterey jack cheese (1 3/4 c.)
- light yellow miso (2 tbsp.)
- shredded parmesan (1 c.)
- whole milk (2 c.)
- shredded sharp cheddar (1 1/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1/2 c.)
- sesame seeds (1 tbsp.)
- 8 oz. soba noodles
- brown rice (1 c.)

FROZEN

- corn kernels (1 1/2 c.)

CANNED & JARRED GOODS

- marinara sauce (1/2 c.)
- 2 (15-oz.) cans black beans

EVERYTHING ELSE

- vegetable broth (1/4 c.)
- 1 loaf Italian bread
- panko breadcrumbs (1/4 c.)
- large whole wheat tortillas (6)