



MONDAY



*Caramelized Onion, Spinach & Avocado Quesadillas*

TUESDAY



*Balsamic Pasta with Toasted Garlic*

WEDNESDAY



*Lemon-Garlic Zucchini Noodles*

THURSDAY



*Black Bean Burgers with Sriracha Aioli*

FRIDAY



*Roasted Cauliflower & Chickpeas*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/4 c.)
- extra-virgin olive oil (6 tbsp.)
- grapeseed oil (6 tbsp.)
- Dijon mustard (1-2 tsp.)
- mayonnaise (1/4 c.)
- balsamic vinegar (2 tbsp.)
- low sodium soy sauce (2 tsp.)
- sriracha (1 tsp.)
- red pepper flakes (1/8 tsp.)
- dried oregano (1 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 large yellow onions
- 1 small onion
- 1 shallot
- 1 lime
- 2 lemons
- 2 avocados
- 10 oz. grape tomatoes
- 2 lbs. zucchini
- 1 head cauliflower
- baby arugula (2 c.)
- 10 oz. baby spinach
- 1 bunch cilantro
- 1 bunch parsley

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- 2 oz. shredded parmesan
- shredded Monterey jack (2 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1 c.)
- pine nuts (about 1/2 c.)
- 8 oz. pasta

CANNED & JARRED GOODS

- 1 (15-oz.) can chickpeas
- 1 (15-oz.) can unsalted black beans

EVERYTHING ELSE

- 4 hamburger buns
- large flour tortillas (4)
- panko (1/4 c.)