

MONDAY



Veggie-Loaded Chili

TUESDAY



Cucumber Chickpea Salad

WEDNESDAY



One-Pot Peanut Sesame Noodles

THURSDAY



Grilled Cauliflower Steaks with Chimichurri

FRIDAY



Sweet Potato & Lime Taquitos



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

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|--|---|--|
| ☐ olive oil (2 tbsp.) | ☐ extra-virgin olive oil (3/4 c.) | ☐ sesame oil (3 tbsp.) |
| ☐ rice vinegar (1 tbsp.) | ☐ white wine vinegar (1/4 c.) | ☐ tamari/soy sauce (1/4 c.) |
| ☐ brown sugar (2 tbsp.) | ☐ butter (2 tbsp.) | ☐ chili powder (1 tbsp.) |
| ☐ ground cumin (2 1/2 tsp.) | ☐ dried oregano (2 tsp.) | ☐ cinnamon (1/4 tsp.) |
| ☐ cayenne pepper (pinch) | ☐ crushed red pepper flakes (about 1/2 tsp.) | |

FRESH PRODUCE

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| ☐ 1 head garlic | ☐ 1 medium onion | ☐ 1 small yellow onion |
| ☐ 1 small red onion | ☐ 2 shallots | ☐ fresh ginger root (thumb-sized piece) |
| ☐ 2 medium carrots | ☐ 1 small yellow squash | ☐ 1 small zucchini |
| ☐ 2 small red bell peppers | ☐ 1 ear corn | ☐ 1 small cucumber |
| ☐ 2 large heads cauliflower | ☐ 1 medium bok choy | ☐ 1 medium head napa cabbage |
| ☐ 1 1/2 lbs. sweet potatoes | ☐ 4 large lemons | ☐ 2 limes |
| ☐ 1 pkg. mint leaves (1/2 c.) | ☐ 1 lg. bunch cilantro | ☐ 2 lg. bunches flat-leaf parsley |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 pkg. prepared guacamole

GRAINS, LEGUMES, PASTA & BULK

- ☐ 8 oz. linguine ☐ chopped salted peanuts (about 1/2 c.)

CANNED & JARRED GOODS

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|--|---|---|
| ☐ 1 (15-oz.) can kidney beans | ☐ 1 (15-oz.) can black beans | ☐ 2 (15-oz.) cans chickpeas |
| ☐ tomato paste (2 tbsp.) | ☐ tahini (1/4 c.) | ☐ 2 (10-oz.) cans diced tomatoes w/ chiles |

EVERYTHING ELSE

- ☐ 12-14 corn tortillas