



MONDAY



*Vegetable & Black Bean Enchilada Pasta*

SHOPPING LIST

TUESDAY



*Heat-Free Lentil & Walnut Tacos*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1 tbsp. + 2 tsp.)
- rice vinegar (1 tbsp.)
- brown sugar (1 tbsp.)
- ground cumin (1 1/4 tsp.)
- cayenne pepper (pinch)
- sesame oil (1/4 c.)
- sriracha (2 tsp.)
- dried oregano (1/2 tsp.)
- ground coriander (1/4 tsp.)
- tamari/soy sauce (1/4 c. + 1 tbsp.)
- maple syrup (1 tsp.)
- chili powder (1/2 tsp.)
- smoked paprika (1 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 fresh pineapple
- 5 medium zucchini
- 1 bunch cilantro
- 1 onion
- 1 avocado
- 1 yellow squash
- 1 pkg. fresh basil
- fresh ginger root (2 thumb-sized pieces)
- 2 ears sweet corn
- 1 large head romaine or butter lettuce

WEDNESDAY



*White Pizza Stuffed Zucchini Boats*

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (14-oz.) pkg. extra-firm tofu
- pepper jack cheese (1/2 c.)
- part-skim ricotta (1/2 c.)
- crumbled goat cheese
- shredded mozzarella cheese (1 1/4 c.)
- shredded sharp cheddar cheese (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1/4 c.)
- 1 lb. whole wheat linguine
- raw walnuts (1 1/2 c.)
- brown or green lentils (about 1/2 c.)

THURSDAY



*Grilled Teriyaki Tofu Lettuce Wraps*

CANNED & JARRED GOODS

- salsa (1 c.)
- enchilada sauce (1 1/4 c.)
- 1 (15-oz.) can black beans
- tahini (1/4 c.)

FROZEN

- 1 pkg. chopped broccoli (1/2 c.)

EVERYTHING ELSE

- vegetable broth (1/2 c.)
- med. whole wheat tortillas (4)
- sun-dried tomatoes (not oil packed!)

FRIDAY



*Broccoli Quinoa Quesadillas*