



SHOPPING LIST

MONDAY



*Spaghetti & Lentil
Mushroom Meatballs*

TUESDAY



*Portabella Mushrooms
with Herbed Chickpeas*

WEDNESDAY



*Super Easy Taco
Bake*

THURSDAY



*Vegetarian Tikka
Masala*

FRIDAY



*One-Pot Curried
Quinoa*

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|--|
| <input type="checkbox"/> olive oil (about 1/4 c.) | <input type="checkbox"/> canola oil (1 tbsp. + 2 tsp.) | <input type="checkbox"/> soy sauce (1 tbsp.) |
| <input type="checkbox"/> hot sauce (2 tbsp.) | <input type="checkbox"/> flour (1 tbsp.) | <input type="checkbox"/> breadcrumbs (1/4 c.) |
| <input type="checkbox"/> 1 bay leaf | <input type="checkbox"/> taco seasoning (2 tsp.) | <input type="checkbox"/> ground cumin (1 tsp.) |
| <input type="checkbox"/> smoked paprika (1/2 tsp.) | <input type="checkbox"/> dried oregano (1/2 tsp.) | <input type="checkbox"/> ground coriander (1/2 tsp.) |
| <input type="checkbox"/> curry powder (1 tsp.) | <input type="checkbox"/> ground ginger (1 tsp.) | <input type="checkbox"/> ground turmeric (2 tsp.) |
| <input type="checkbox"/> ground cardamom (1/2 tsp.) | <input type="checkbox"/> Italian seasoning (2 tsp.) | <input type="checkbox"/> garam masala (3 tbsp.) |
| <input type="checkbox"/> garlic powder (1/2 tsp.) | <input type="checkbox"/> crushed red pepper (1/4 tsp.) | |

FRESH PRODUCE

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|--|---|--|
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 1 small yellow onion | <input type="checkbox"/> 1 large yellow onion |
| <input type="checkbox"/> 1 large red onion | <input type="checkbox"/> 1 thumb-sized piece ginger | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 1 large red bell pepper | <input type="checkbox"/> 8 medium portabella mushrooms |
| <input type="checkbox"/> 8 oz. white mushrooms | <input type="checkbox"/> 1 medium carrot | <input type="checkbox"/> 1 small head romaine lettuce |
| <input type="checkbox"/> 1 bunch green onions | <input type="checkbox"/> 1 bunch cilantro | |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|--|---|
| <input type="checkbox"/> half-and-half (1/3 c.) | <input type="checkbox"/> jalapeño jack cheese (1 c.) | <input type="checkbox"/> 2 (14-oz.) pkgs. extra-firm tofu |
|---|--|---|

GRAINS, LEGUMES, PASTA & BULK

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|--|---|---|
| <input type="checkbox"/> brown lentils (about 2 c.) | <input type="checkbox"/> quinoa (1 c.) | <input type="checkbox"/> white or brown rice (about 1 c.) |
| <input type="checkbox"/> old-fashioned oats (1/2 c.) | <input type="checkbox"/> raw cashew halves (1/4 c.) | <input type="checkbox"/> spaghetti pasta (8 oz.) |

FROZEN

- | | |
|---|--|
| <input type="checkbox"/> 1 lb. frozen mixed peppers | <input type="checkbox"/> 1 lb. frozen butternut squash |
|---|--|

CANNED & JARRED GOODS

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|---|--|---|
| <input type="checkbox"/> 2 (15-oz) cans chickpeas | <input type="checkbox"/> 1 jar pasta sauce | <input type="checkbox"/> 1 (28-oz.) can diced tomatoes |
| <input type="checkbox"/> tomato paste (3 tbsp.) | <input type="checkbox"/> salsa | <input type="checkbox"/> 1 (14-oz.) can lite coconut milk |
| <input type="checkbox"/> tahini (2 tbsp.) | | |

EVERYTHING ELSE

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|---|---|---|
| <input type="checkbox"/> 12 crunchy taco shells | <input type="checkbox"/> red wine (2 tbsp.) | <input type="checkbox"/> vegetable or mushroom broth (1/2 c.) |
|---|---|---|