



SHOPPING LIST

MONDAY



Pasta with Cilantro Jalapeño Pesto

TUESDAY



Tempeh Black Bean Taco Salad

WEDNESDAY



Stuffed Zucchini with Peanut Lime Sauce

THURSDAY



Chickpea Fajitas

FRIDAY



Jamaican Chickpea Stew

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (3 tbsp.)
- extra-virgin olive oil (1/4 c.)
- grapeseed oil (2 tbsp.)
- maple syrup (1 tsp.)
- honey (1 tbsp.)
- tamari/soy sauce (1/4 c.)
- hot sauce (1 tbsp.)
- dried thyme (1 tsp.)
- chili powder (1/2 tsp.)
- ground cumin (1/2 tsp.)
- curry powder (1 1/2 tsp.)
- ground allspice (1/2 tsp.)
- crushed red pepper flakes (about 3/4 tsp.)

FRESH PRODUCE

- 2 heads garlic
- 2 medium yellow onions
- 1 small yellow onion
- 1 small piece fresh ginger
- 4 limes
- 2 avocados
- grape tomatoes (1 c.)
- 2 ears corn
- 5 zucchini
- 3 bell peppers
- 1 jalapeño pepper
- 1 small crown broccoli
- 1 (8-oz.) pkg. mushrooms
- 1 small head romaine lettuce
- 1 bunch cilantro

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (8-oz.) pkg. tempeh
- fresh salsa (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- 8 oz. pasta
- quinoa (about 1/3 c.)
- brown rice (about 1 c.)
- raw almonds (1/4 c.)

CANNED & JARRED GOODS

- peanut butter (1/4 c.)
- 2 (15-oz.) cans black beans
- 3 (15-oz.) cans chickpeas
- pickled jalapeños
- 1 (14.5-oz.) can diced tomatoes

EVERYTHING ELSE

- dark beer or stout (3/4 c.)
- dry red wine (1/4 c.)
- liquid smoke (1 tsp.)
- 6-inch flour tortillas (8)
- tortilla chips