



MONDAY



*Greek Fattoush Salad*

SHOPPING LIST

TUESDAY



*Slow Cooker Pasta e Fagioli Soup*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 2/3 c.)
- rice wine vinegar (1/4 c.)
- Italian seasoning (2 tsp.)
- brown sugar (1/4 c.)
- red wine vinegar (1/4 c.)
- dried oregano (1/2 tsp.)
- crushed red pepper (1/2 tsp.)
- soy sauce (1/4 c.)
- curry powder (1 tbsp.)
- granulated sugar (1 tsp.)

FRESH PRODUCE

- 1 head garlic
- fresh ginger (thumb-sized)
- 6 medium carrots
- 4 ears sweet corn
- 1 small bunch kale
- 1 bunch parsley
- 2 yellow onions
- 1 small head romaine
- 1 yellow bell pepper
- 1 medium zucchini
- 1 bunch green onions
- 1 small red onion
- 2 cucumbers
- 1 pint cherry or grape tomatoes
- 1 small green cabbage
- 1 pkg. fresh basil

WEDNESDAY



*Sweet and Spicy Cold Peanut Noodles*

DAIRY & OTHER REFRIGERATED ITEMS

- crumbled feta (3/4 c.)
- shredded mozzarella (1 c.)
- shredded parmesan cheese (1/3 c.)
- heavy whipping cream (1/3 c.)

GRAINS, LEGUMES, PASTA & BULK

- small pasta (1 c.)
- peanuts (1/2-3/4 c.)
- quinoa (3/4 c.)
- flat rice noodles (8 oz.)

THURSDAY



*Creamy Caprese Quinoa Bake*

CANNED & JARRED GOODS

- kalamata olives (1/2 c.)
- red chili paste (2-3 tsp.)
- peanut butter (1/2 c. + 2 tbsp.)
- 1 (14-oz.) can coconut milk
- pasta sauce (1 c.)
- 1 (15-oz.) can red kidney beans
- tomato paste (2 tbsp.)

EVERYTHING ELSE

- pita bread (2)
- 2 (32-oz.) boxes vegetable broth (8 c.)

FRIDAY



*Curried Coconut Corn Chowder*