



MONDAY



*Crispy Orange-Ginger Tofu with Broccoli*

TUESDAY



*Curried Red Lentil Quinoa Bowls*

WEDNESDAY



*Open-Faced Spinach Artichoke Grilled Cheese*

THURSDAY



*Roasted Vegetable Burrito Bowls*

FRIDAY



*One-Pot Creamy Pumpkin Pasta*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (5 tbsp.)
- honey (1 tbsp.)
- brown sugar (1/4 c.)
- smoked paprika (1 tsp.)
- nutmeg (1/2 tsp.)
- vegetable oil (2 tbsp.)
- soy sauce (1 tbsp.)
- cornstarch (1/3 c.)
- red pepper flakes (1/2 tsp.)
- ground coriander (1/8 tsp.)
- coconut oil (1 tbsp.)
- apple cider vinegar (1 tbsp.)
- ground cumin (1 tsp.)
- Madras curry powder (1 tsp.)
- cayenne pepper (1/8 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 thumb-sized pieces ginger
- 1 pint cherry tomatoes
- 1 small lemon
- 1 bunch cilantro (1 c.)
- 2 medium yellow onions
- 1 medium zucchini
- 2 crowns broccoli
- 2 limes
- 1 bunch mint (1/2 c.)
- 1 red onion
- 1 avocado
- 2 medium oranges
- 1 bunch green onions
- 1 bunch parsley

DAIRY & OTHER REFRIGERATED ITEMS

- 1 lb. extra-firm tofu
- parmesan cheese (1/4 c.)
- 1 (4-oz.) log goat cheese
- creme fraiche (1/4 c.)
- shredded mozzarella (1/2 c.)
- Greek yogurt or sour cream (optional)
- shredded pepper jack cheese (1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- split red lentils (1 c.)
- sesame seeds (2 tbsp.)
- quinoa (2 c.)
- golden raisins (2 tbsp.)
- white or brown rice (2 c.)
- linguine pasta (8 oz.)

FROZEN

- 1 bag frozen chopped spinach (1 lb.)

CANNED & JARRED GOODS

- 1 (14-oz.) can pumpkin puree
- 1 (14-oz.) can artichoke hearts
- 1 (15-oz.) can white beans
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EVERYTHING ELSE

- 5 bagels
- vegetable broth (8 1/2 c.)
- tortilla chips
- white wine (1/2 c.)