



SHOPPING LIST

MONDAY



Vegan Portobello Fajitas

TUESDAY



Cuban Quinoa with Black Beans & Tempeh

WEDNESDAY



Aloo Gobi Masala

THURSDAY



Gnocchi with Brussels Sprouts

FRIDAY



Slow Cooker Lentil Pumpkin Chili

THINGS YOU PROBABLY HAVE ON HAND

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|--|---|---|
| <input type="checkbox"/> olive oil (1/2 c.) | <input type="checkbox"/> canola oil (3 tbsp.) | <input type="checkbox"/> grapeseed oil (2 tbsp.) |
| <input type="checkbox"/> bay leaf | <input type="checkbox"/> apple cider vinegar (2 tbsp.) | <input type="checkbox"/> red pepper flakes (1/2 tsp.) |
| <input type="checkbox"/> soy sauce (3 tbsp.) | <input type="checkbox"/> chili powder (1 tbsp.) | <input type="checkbox"/> turmeric (1/2 tsp.) |
| <input type="checkbox"/> ground coriander (1/2 tsp.) | <input type="checkbox"/> cumin seeds (1 tsp.) | <input type="checkbox"/> mustard seeds (1 tsp.) |
| <input type="checkbox"/> maple syrup (2 tbsp.) | <input type="checkbox"/> ground chipotle pepper (1 tbsp.) | <input type="checkbox"/> garam masala (1 tsp.) |

FRESH PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 4 medium yellow onions | <input type="checkbox"/> 1 large yellow onion |
| <input type="checkbox"/> 1 carrot | <input type="checkbox"/> Brussels sprouts (1 lb.) | <input type="checkbox"/> 1 medium head cauliflower |
| <input type="checkbox"/> fresh ginger root (1 inch) | <input type="checkbox"/> 1 jalapeno pepper | <input type="checkbox"/> 1 large lime |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 medium pineapple | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 3 green bell peppers | <input type="checkbox"/> 2 red bell peppers | <input type="checkbox"/> 2 medium russet potatoes |
| <input type="checkbox"/> 4 large portobello mushrooms | | |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|---|
| <input type="checkbox"/> 1 (8-oz) pkg. tempeh | <input type="checkbox"/> shredded Parmesan (1/4 c.) |
|---|---|

GRAINS, LEGUMES, PASTA & BULK

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|--|--|---|
| <input type="checkbox"/> lentils (1 c.) | <input type="checkbox"/> quinoa (1 c.) | <input type="checkbox"/> pine nuts (1/4 c.) |
| <input type="checkbox"/> gnocchi (1 lb.) | | |

FROZEN

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|--|
| <input type="checkbox"/> green peas (1/2 c.) |
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CANNED & JARRED GOODS

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|---|---|---|
| <input type="checkbox"/> 2 (15-oz.) cans black beans | <input type="checkbox"/> 1 (15-oz.) can pumpkin puree | <input type="checkbox"/> 1 (15-oz.) can pinto beans |
| <input type="checkbox"/> 1 (14.5-oz.) can fire-roasted tomatoes with green chiles | | |

EVERYTHING ELSE

- | | | |
|---|--|---|
| <input type="checkbox"/> vegetable broth (1 1/2 c.) | <input type="checkbox"/> 1 packet taco seasoning mix | <input type="checkbox"/> corn tortillas (at least 12) |
| <input type="checkbox"/> liquid smoke (2 tsp.) | | |