



MONDAY



*Curry Roasted Vegetable Naan-wiches*

TUESDAY



*Broccoli Pepper Stir Fry with Ginger Peanut Sauce*

WEDNESDAY



*Tofu Vindaloo*

THURSDAY



*Easy Chickpea Pot Pie*

FRIDAY



*Gingery Carrot Stew with Peanuts and Cilantro*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (5 tbsp.)
- rice vinegar (2 tbsp.)
- soy sauce (3 tbsp.)
- ground coriander (1 1/2 tsp.)
- ground cloves (1/4 tsp.)
- all-purpose flour (1/4 c.)
- grapeseed oil (2 tbsp.)
- apple cider vinegar (2 tbsp.)
- agave nectar (1 tsp.)
- ground cumin (1 1/2 tbsp.)
- smoked paprika (2 tsp.)
- cinnamon (2 1/2 tsp.)
- raw sugar (2 tbsp.)
- brown sugar (2 tbsp.)
- turmeric (1 tsp.)
- dry mustard (1/2 tsp.)
- curry powder (1 tbsp.)
- cayenne (pinch)

FRESH PRODUCE

- 1 head garlic
- 1 medium red onion
- fresh ginger root (3 inches)
- 2 large oranges
- 3 red bell peppers
- 1 bunch Swiss chard
- 2 medium yellow onions
- 1 medium head broccoli
- 1 avocado
- green beans (2 c.)
- 1 large bunch cilantro
- cherry tomatoes (1 c.)
- 1 small yellow onion
- 1 medium head cauliflower
- 1 lime
- 1 large zucchini
- 4 medium sweet potatoes
- carrots (3 lbs.)

DAIRY & OTHER REFRIGERATED ITEMS

- 2 (15-oz) pkgs. extra-firm tofu

GRAINS, LEGUMES, PASTA & BULK

- rice (1 2/3 c.)
- roasted peanuts (1/2 c. chopped)

FROZEN

- 1 (10-oz.) bag green peas
- puff pastry (12 oz.)

CANNED & JARRED GOODS

- Asian chili paste (2 tbsp.)
- peanut butter (1/2 c.)
- 2 (14.5-oz.) cans chickpeas
- tomato paste (1/2 c.)

EVERYTHING ELSE

- vegetable broth (9 1/4 c.)
- 3-4 pieces naan