



MONDAY



*Sweet Potato
Pizza*

SHOPPING LIST

TUESDAY



*Kale and Sweet Potato
Quesadillas*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/2 c.)
- soy sauce/tamari (1/4 c.)
- red wine vinegar (2 tbsp.)
- apple cider vinegar (3 tbsp.)
- honey (3 tbsp.)
- Sriracha
- 2 bay leaves
- red pepper flakes (1/2 tsp.)
- smoked paprika (1/2 tsp.)
- ground cumin (1/4 tsp.)
- Dijon mustard (1 tbsp.)

FRESH PRODUCE

- 1 head garlic
- 1 small yellow onion
- 2 large yellow onions
- 1 large bunch lacinato kale
- 1 small bunch kale
- 1 medium butternut squash
- 1 large sweet potato
- 1 small sweet potato
- 2 medium sweet potatoes
- 1 red pepper
- 1 thumb-sized piece ginger
- 1 pkg. fresh basil
- 1 bunch cilantro
- 1 bunch green onions
- 1 pkg. fresh sage

WEDNESDAY



*Butternut Squash and
Black Bean Kale Salad*

DAIRY & OTHER REFRIGERATED ITEMS

- plain Greek yogurt (1/2 c.)
- skim milk or soymilk (3 tbsp.)
- vegetarian chorizo sausage
- grated parmesan cheese
- shredded Fontina cheese (1 c.)
- goat cheese (1/2 c.)
- 2 (9-oz.) pkgs. cheese tortellini (fresh or frozen)

GRAINS, LEGUMES, PASTA & BULK

- 2 (15-oz.) cans black beans
- long-grain brown rice (1 1/4 c.)
- crushed peanuts

CANNED & JARRED GOODS

- adobo sauce (1 tbsp.)
- creamy peanut butter (1/2 c.)
- salsa
- 2 (28-oz.) cans diced tomatoes

THURSDAY



*Thai Peanut Sauce over
Sweet Potatoes & Rice*

EVERYTHING ELSE

- whole wheat tortillas (4)
- whole wheat pizza crust
- vegetable broth (32 oz.)

FRIDAY



*Creamy Tomato
Tortellini Soup*