



SHOPPING LIST

MONDAY



Roasted Broccoli & Red Pepper Grilled Cheese

TUESDAY



Chard and Lentil Vegetable Soup

WEDNESDAY



Cashew Tofu Quinoa Bowls

THURSDAY



Roasted Onion, Squash and Fig Salad

FRIDAY



Slow Cooker Indian-Spiced Chickpeas and Potatoes

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|--|
| <input type="checkbox"/> olive oil (1/2 c.) | <input type="checkbox"/> extra-virgin olive oil (1/4 c.) | <input type="checkbox"/> dark sesame oil (1 tbsp.) |
| <input type="checkbox"/> grapeseed oil (1 tbsp.) | <input type="checkbox"/> balsamic vinegar (1/4 c.) | <input type="checkbox"/> rice vinegar (1 tbsp.) |
| <input type="checkbox"/> soy sauce (2 tbsp.) | <input type="checkbox"/> honey (3 tbsp.) | <input type="checkbox"/> maple syrup (2 tsp.) |
| <input type="checkbox"/> Sriracha (2 tsp.) | <input type="checkbox"/> ground cumin (2 tsp.) | <input type="checkbox"/> turmeric (1/4 tsp.) |
| <input type="checkbox"/> ground ginger (1/2 tsp.) | <input type="checkbox"/> dried thyme (1/2 tsp.) | <input type="checkbox"/> garam masala (1/2 tsp.) |
| <input type="checkbox"/> red pepper flakes (1/2 tsp.) | <input type="checkbox"/> ground coriander (2 tsp.) | |

FRESH PRODUCE

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|---|---|---|
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 2 medium yellow onions | <input type="checkbox"/> 1 small yellow onion |
| <input type="checkbox"/> 1 large yellow onion | <input type="checkbox"/> 1 large sweet onion | <input type="checkbox"/> broccoli (2 lbs.) |
| <input type="checkbox"/> 1 butternut squash | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 2 medium carrots | <input type="checkbox"/> 2 red bell peppers | <input type="checkbox"/> 1 zucchini |
| <input type="checkbox"/> mixed greens (8 c.) | <input type="checkbox"/> 1 small bunch cilantro | <input type="checkbox"/> 4 dried figs |
| <input type="checkbox"/> 1 bunch Swiss chard | <input type="checkbox"/> red potatoes (1 lb.) | |

DAIRY & OTHER REFRIGERATED ITEMS

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|--|---|---|
| <input type="checkbox"/> shredded cheddar (8 oz.) | <input type="checkbox"/> freshly grated parmesan | <input type="checkbox"/> butter (1 tbsp.) |
| <input type="checkbox"/> crumbled goat cheese (1 c.) | <input type="checkbox"/> 1 (14-oz) pkg. extra-firm tofu | |

GRAINS, LEGUMES, PASTA & BULK

- | | | |
|---|--|---|
| <input type="checkbox"/> green lentils (1 c.) | <input type="checkbox"/> quinoa (1 c.) | <input type="checkbox"/> walnuts (1/2 c.) |
| <input type="checkbox"/> dry-roasted cashews (1/2 c.) | | |

FROZEN

- shelled edamame (1 c.)

CANNED & JARRED GOODS

- | | | |
|---|--|--|
| <input type="checkbox"/> tomato paste (2 tbsp.) | <input type="checkbox"/> 2 (15-oz.) cans chickpeas | <input type="checkbox"/> 1 (15-oz.) can diced tomatoes |
| <input type="checkbox"/> 1 (14-oz.) can fire-roasted diced tomatoes | | |

EVERYTHING ELSE

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|--|--|
| <input type="checkbox"/> vegetable broth (7 c.) | <input type="checkbox"/> 1 loaf sourdough bread (8 slices) |
| <input type="checkbox"/> whole grain Dijon mustard (2 tbsp.) | |