



MONDAY



*Middle Eastern Lentil and Rice Soup*

TUESDAY



*Kale Salad with Tahini Dressing*

WEDNESDAY



*Broccoli Quinoa Quesadillas*

THURSDAY



*Spicy Three-Bean and Corn Chili*

FRIDAY



*Spaghetti with Cannellini Bean Bolognese*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/4 c.)
- sherry vinegar (1 tbsp.)
- ground coriander (1 tsp.)
- bay leaves (2)
- curry powder (1 tbsp.)
- white pepper (1/2 tsp.)
- extra-virgin olive oil (1/2 c.)
- honey (1 tsp.)
- ground cumin (1 tbsp.)
- brown sugar (2 tbsp.)
- oregano (1 tbsp.)
- white wine vinegar (1 tbsp.)
- cayenne pepper (pinch)
- ancho chili powder (1 tbsp.)
- cocoa powder (2 tsp.)
- smoked paprika (1 tbsp.)

FRESH PRODUCE

- 1 head garlic
- 1 small butternut squash
- 5 medium carrots
- 3 medium yellow onions
- 1 lemon
- 1 medium sweet potato
- 1 bunch kale
- 1 bunch celery
- 1 bunch cilantro

DAIRY & OTHER REFRIGERATED ITEMS

- freshly grated parmesan
- shredded sharp cheddar (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- brown lentils (1 c.)
- dried black beans (2/3 c.)
- spaghetti (1 lb.)
- quinoa (1/4 c.)
- dried pinto beans (2/3 c.)
- candied pecans (1/2 c.)
- brown rice (1/2 c.)
- dried chickpeas (2/3 c.)

FROZEN

- chopped broccoli (1/2 c.)

CANNED & JARRED GOODS

- tahini (2 tbsp.)
- 1 (15-oz.) can corn kernels
- 1 (28-oz.) can diced tomatoes
- minced green chiles (4 oz.)
- 1 (15-oz.) can chickpeas
- 1 (28-oz.) can whole peeled plum tomatoes
- 1 (14.5-oz.) can cannellini beans
- 1 (14.5-oz.) can diced tomatoes

EVERYTHING ELSE

- vegetable broth (6 c.)
- dry white wine (1/2 c.)
- 4 medium whole wheat tortillas