



MONDAY



*Vegan Fettuccine Kalefredo*

SHOPPING LIST

TUESDAY



*Roasted Brussels Sprout and Red Cabbage Pizza*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/3 c.)
- rice wine vinegar (2 tbsp.)
- maple syrup (2 tsp.)
- honey (1 tbsp.)
- Tamari or soy sauce (2 tsp.)
- dried thyme (1/2 tsp.)
- Dijon mustard (1 tsp.)
- Sriracha (1 tsp.)
- red pepper flakes (1/4 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 medium butternut squash
- 3 medium sweet potatoes
- Brussels sprouts (1 1/2 lbs.)
- 1 small head red cabbage
- kale (1 1/2 lbs.)
- 2 lemons
- 1 small bunch cilantro

WEDNESDAY



*Stovetop Butternut Squash Mac & Cheese*

DAIRY & OTHER REFRIGERATED ITEMS

- shredded mozzarella (5 oz.)
- shredded sharp cheddar (16 oz.)
- unflavored almond or soy milk (2/3 c.)
- heavy whipping cream (1 pint)
- refrigerated pizza dough (1 lb.)
- firm tofu (1/4 lb.)
- mellow white miso (2 tsp.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (1 c.)
- white or brown rice (1 c.)
- raw cashews (1 c.)
- raw walnuts (1/4 c.)
- chickpeas (1 c.)
- cornmeal (2 tbsp.)
- dry fettuccine pasta (1/2 lb.)
- dry macaroni, penne, or rotini pasta (1/2 lb.)

THURSDAY



*Autumn Nourish Bowls*

FROZEN

- green peas (3/4 c.)
- shelled edamame (3/4 c.)

CANNED & JARRED GOODS

- tahini (1/4 c.)
- 1 (14-oz.) can light coconut milk

EVERYTHING ELSE

- vegetable broth (1 c.)
- nutritional yeast flakes (2 tbsp.)
- Thai green curry paste (1/4 c.)

FRIDAY



*Sweet Potato Green Curry*