



MONDAY



*Roasted Butternut Squash Panini*

SHOPPING LIST

TUESDAY



*Creamy Wild Rice & Mushroom Soup*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/4 c.)
- all-purpose flour (1/4 c.)
- dried thyme (1 tsp.)
- coconut oil (3 tbsp.)
- soy sauce (3 tbsp.)
- coconut or brown sugar (1-2 tsp.)
- sriracha (1 tbsp.)

FRESH PRODUCE

- 1 large onion
- 1 kabocha squash
- 1 bunch green onions
- 1 bunch celery
- pineapple chunks (1 c.)
- 1 medium shallot
- Brussels sprouts (1 lb.)
- 1 lb. white mushrooms
- 2 medium carrots
- 1 bunch fresh sage
- 1 medium butternut squash
- 1 small head cauliflower
- 4 oz. assorted fresh wild mushrooms
- 1 bunch kale
- 1 bunch fresh parsley

WEDNESDAY



*Sage Polenta Bowls with Brussels Sprouts*

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (14-oz.) pkg. firm tofu
- 1 (7-oz.) container fresh mozzarella
- reduced-fat sour cream (3/4 c.)
- shredded parmesan cheese (3/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- instant polenta (1 c.)
- instant or quick cooking wild rice (1 c.)
- raw cashew pieces (1/2 c.)
- brown rice (about 4 c.)

FROZEN

- shelled edamame (1 c.)

THURSDAY



*Thai Kabocha Squash Curry*

CANNED & JARRED GOODS

- 2 (14-oz.) cans light coconut milk
- vegetarian yellow or red curry paste (4-6 tbsp.)

EVERYTHING ELSE

- vegetable broth (4 c.)
- dry white wine (1/3 c.)
- 1 loaf sourdough bread

FRIDAY



*Baked Fried Brown Rice*