



SHOPPING LIST

MONDAY



30-Minute Vegetarian Pho

TUESDAY



Pizza Quinoa Stuffed Portabellas

WEDNESDAY



Chopped Power Salad

THURSDAY



BBQ Tempeh Sandwiches

FRIDAY



Firecracker Cauliflower

THINGS YOU PROBABLY HAVE ON HAND

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|---|--|--|
| <input type="checkbox"/> olive oil (1 tbsp.) | <input type="checkbox"/> sesame oil (2 tsp.) | <input type="checkbox"/> tamari or soy sauce (1 tbsp.) |
| <input type="checkbox"/> rice vinegar (2 1/4 tsp.) | <input type="checkbox"/> cider vinegar (2 tbsp.) | <input type="checkbox"/> sriracha (3 tbsp. + 1/2 tsp.) |
| <input type="checkbox"/> maple syrup (1 tbsp.) | <input type="checkbox"/> honey (1/2 c.) | <input type="checkbox"/> butter (1 1/2 tbsp.) |
| <input type="checkbox"/> whole wheat flour (1/2 c.) | <input type="checkbox"/> sugar (pinch) | <input type="checkbox"/> red pepper flakes (pinch) |
| <input type="checkbox"/> dried oregano (1/2 tsp.) | <input type="checkbox"/> onion powder (1/2 tsp.) | <input type="checkbox"/> garlic powder (1/2 tsp.) |
| <input type="checkbox"/> sweet paprika (1/4 tsp.) | | |

FRESH PRODUCE

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|---|---|---|
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 1 carrot | <input type="checkbox"/> 2 thumb-sized pieces ginger |
| <input type="checkbox"/> 2 jalapeño peppers | <input type="checkbox"/> 6 oz. shiitake mushrooms | <input type="checkbox"/> 4 extra-large portabella mushrooms |
| <input type="checkbox"/> 1 large head cauliflower | <input type="checkbox"/> 1 head romaine lettuce | <input type="checkbox"/> 1 pkg. shredded cabbage (2 c.) |
| <input type="checkbox"/> 1 red bell pepper | <input type="checkbox"/> 1 bunch green onions | <input type="checkbox"/> 8 oz. bean sprouts |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 small pkg. fresh basil |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|--|--|
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> 1 (8-oz.) pkg. tempeh | <input type="checkbox"/> 1 (14-oz.) pkg. extra-firm tofu |
| <input type="checkbox"/> white miso (1 tbsp.) | <input type="checkbox"/> milk (3 tbsp.) | <input type="checkbox"/> shredded mozzarella (3/4 c.) |

GRAINS, LEGUMES, PASTA & BULK

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|--|---|---|
| <input type="checkbox"/> 14 oz. rice noodles | <input type="checkbox"/> rice (about 1 c.) | <input type="checkbox"/> quinoa (3/4 c.) |
| <input type="checkbox"/> hemp hearts (2 tbsp.) | <input type="checkbox"/> raw cashews (1/3 c.) | <input type="checkbox"/> sesame seeds (2 tbsp.) |

CANNED & JARRED GOODS

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|--|---|--|
| <input type="checkbox"/> 1 (8-oz.) can tomato sauce | <input type="checkbox"/> hoisin sauce (1 1/2 tbsp.) | <input type="checkbox"/> barbecue sauce (3/4 c.) |
| <input type="checkbox"/> unsweetened almond butter (3 tbsp.) | | |

EVERYTHING ELSE

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|--|--|--|
| <input type="checkbox"/> ww breadcrumbs (1 c.) | <input type="checkbox"/> 4 hamburger rolls | <input type="checkbox"/> low-sodium veg broth (64 oz.) |
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