



SHOPPING LIST

MONDAY



Roasted Red Pepper & Mozzarella Sandwiches

TUESDAY



One-Pot Peanut Sesame Noodles

WEDNESDAY



Cuban Fried Quinoa with Black Beans

THURSDAY



Brussels Sprout and Red Cabbage Pizza

FRIDAY



Slow Cooker Butternut Squash Chili

THINGS YOU PROBABLY HAVE ON HAND

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|--|---|---|
| <input type="checkbox"/> olive oil (about 1 c.) | <input type="checkbox"/> sesame oil (3 tbsp.) | <input type="checkbox"/> rice vinegar (1 tbsp.) |
| <input type="checkbox"/> apple cider vinegar (2 tbsp.) | <input type="checkbox"/> maple syrup (2 tbsp.) | <input type="checkbox"/> tamari/soy sauce (7 tbsp.) |
| <input type="checkbox"/> brown sugar (2 tbsp.) | <input type="checkbox"/> kosher salt (1 tsp.) | <input type="checkbox"/> cornmeal (for dusting) |
| <input type="checkbox"/> red pepper flakes (1/4 tsp.) | <input type="checkbox"/> chili powder (2 tbsp.) | <input type="checkbox"/> ground cumin (1 tbsp.) |
| <input type="checkbox"/> ground coriander (1/2 tsp.) | <input type="checkbox"/> honey (1 tbsp.) | |

FRESH PRODUCE

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|---|---|---|
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 1 small yellow onion | <input type="checkbox"/> 2 medium yellow onions |
| <input type="checkbox"/> 1 thumb-sized piece ginger | <input type="checkbox"/> 1 small butternut squash | <input type="checkbox"/> 3 large red bell peppers |
| <input type="checkbox"/> 2 jalapeño peppers | <input type="checkbox"/> 8 oz. Brussels sprouts | <input type="checkbox"/> 2 medium carrots |
| <input type="checkbox"/> 1 medium Napa cabbage | <input type="checkbox"/> 1 (5-oz.) bag arugula | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 1 medium bok choy | <input type="checkbox"/> 1 medium pineapple | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 small bag shredded red cabbage | | |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|--|---|
| <input type="checkbox"/> 1 (8-oz.) pkg. tempeh | <input type="checkbox"/> 1 lb. refrigerated pizza dough | <input type="checkbox"/> shredded parmesan (1/3 c.) |
| <input type="checkbox"/> shredded mozzarella (1 1/4 c.) | <input type="checkbox"/> 1 (8-oz.) ball fresh mozzarella | |

GRAINS, LEGUMES, PASTA & BULK

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|---|---|--|
| <input type="checkbox"/> raw walnuts (about 3/4 c.) | <input type="checkbox"/> 8 oz. linguine | <input type="checkbox"/> quinoa (1 c.) |
|---|---|--|

CANNED & JARRED GOODS

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| <input type="checkbox"/> 3 (14-oz.) cans black beans | <input type="checkbox"/> 1 (28-oz.) can diced tomatoes |
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EVERYTHING ELSE

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| <input type="checkbox"/> liquid smoke (2 tsp.) | <input type="checkbox"/> vegetable broth (1 1/2 c.) | <input type="checkbox"/> 1 bottle porter beer |
| <input type="checkbox"/> 1 large loaf ciabatta bread | | |