

MONDAY



Roasted Broccoli and Sun-dried Tomato Pizza

TUESDAY



Cucumber Chickpea Salad with Lemony Tahini Dressing

WEDNESDAY



Maple Sage Apple and Cheddar Grilled Cheese

THURSDAY



Baked Fried Rice

FRIDAY



Roasted Sweet Potato and Black Bean Tacos



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 tablespoons olive oil | <input type="checkbox"/> 1 tablespoon ground cumin | <input type="checkbox"/> 1 teaspoon chili powder |
| <input type="checkbox"/> 3 tablespoons soy sauce | <input type="checkbox"/> 1 teaspoon dried sage | <input type="checkbox"/> Oil mister or cooking spray |
| <input type="checkbox"/> 1 tablespoon sriracha | <input type="checkbox"/> Salt and pepper | |
| <input type="checkbox"/> 1/8-1/4 teaspoon cayenne pepper | <input type="checkbox"/> 1 tablespoon pure maple syrup | |
| <input type="checkbox"/> 2 tablespoons coconut oil, melted (peanut, vegetable, or canola oil would work too) | | |

FRESH PRODUCE

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|---|---|---|
| <input type="checkbox"/> 1 extra-large sweet potato | <input type="checkbox"/> 1 small onion | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 2 large lemons | <input type="checkbox"/> 1 bunch fresh mint | <input type="checkbox"/> 1 small cucumber |
| <input type="checkbox"/> 1 crown broccoli | <input type="checkbox"/> 2 small apples | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 1 small pineapple, or 1 cup pineapple chunks (you can also buy canned) | | |
| <input type="checkbox"/> 1 small bunch basil (optional, for pizza) | | |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 pound refrigerated pizza dough
- ☐ 2-3 tablespoons prepared pesto
- ☐ 1 cup shredded mozzarella cheese
- ☐ 2 tablespoons butter
- ☐ 4 ounces sharp or smoked cheddar cheese

GRAINS, LEGUMES, PASTA & BULK

- ☐ 1 tablespoon pine nuts
- ☐ 1/2 cup raw cashew pieces
- ☐ 1 cup uncooked brown rice (or 4 cups cooked)

FROZEN

- ☐ 1 cup frozen edamame

CANNED & JARRED GOODS

- | | | |
|--|---|---|
| <input type="checkbox"/> 1/2 cup prepared salsa | <input type="checkbox"/> 1/4 c. tahini | <input type="checkbox"/> 1/2 cup sun-dried tomatoes |
| <input type="checkbox"/> 2 (15-ounce) cans chickpeas | <input type="checkbox"/> 1 (15-ounce) can black beans | |

EVERYTHING ELSE

- ☐ 12 small tortillas
- ☐ 8 slices bread
- ☐ Taco fixings of your choice: Lime wedges, cilantro, additional salsa, hot sauce, cheese, tomatoes, sour cream, etc.
- ☐ Wraps, bread, greens and/or tomatoes if desired for serving Cucumber Chickpea Salad