



SHOPPING LIST

MONDAY



Cremini and Chard Stuffed Shells

TUESDAY



End-of-Summer Veggie Stir Fry

WEDNESDAY



Butternut Squash Burritos

THURSDAY



Chipotle Peach BBQ Farro Sandwiches

FRIDAY



Slow Cooker Indian Chickpeas & Potatoes

THINGS YOU PROBABLY HAVE ON HAND

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|--|---|--|
| <input type="checkbox"/> olive oil (10 tbsp.) | <input type="checkbox"/> soy sauce (3 tbsp.) | <input type="checkbox"/> apple cider vinegar (2 tbsp.) |
| <input type="checkbox"/> rice vinegar (1 tbsp.) | <input type="checkbox"/> brown sugar (1 tbsp.) | <input type="checkbox"/> honey (1 tbsp.) |
| <input type="checkbox"/> molasses (2 tbsp.) | <input type="checkbox"/> cornstarch (2 tsp.) | <input type="checkbox"/> ground cumin (3 1/2 tsp.) |
| <input type="checkbox"/> smoked paprika (1/2 tsp.) | <input type="checkbox"/> chili powder (1/2 tsp.) | <input type="checkbox"/> ground cinnamon (pinch) |
| <input type="checkbox"/> ground coriander (2 tsp.) | <input type="checkbox"/> garam masala (1/2 tsp.) | <input type="checkbox"/> ground ginger (1/2 tsp.) |
| <input type="checkbox"/> turmeric (1/4 tsp.) | <input type="checkbox"/> Italian seasoning (2 tsp.) | <input type="checkbox"/> red pepper flakes (1/2 tsp.) |
| <input type="checkbox"/> cayenne pepper (pinch) | | |

FRESH PRODUCE

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|---|---|---|
| <input type="checkbox"/> 2 heads garlic | <input type="checkbox"/> 3 medium yellow onions | <input type="checkbox"/> 1 small piece fresh ginger |
| <input type="checkbox"/> 1 lb. red potatoes | <input type="checkbox"/> 2 large carrots | <input type="checkbox"/> 2 lbs. butternut squash |
| <input type="checkbox"/> 2 medium red bell peppers | <input type="checkbox"/> 1 medium green bell pepper | <input type="checkbox"/> 1 medium eggplant |
| <input type="checkbox"/> 8 oz. cremini mushrooms | <input type="checkbox"/> 1 small bunch kale | <input type="checkbox"/> 1 bunch Swiss chard |
| <input type="checkbox"/> 2 bunches green onions | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 small orange |
| <input type="checkbox"/> 1 small bunch fresh cilantro | | |

DAIRY & OTHER REFRIGERATED ITEMS

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|---|--|--|
| <input type="checkbox"/> 1 egg | <input type="checkbox"/> shredded mozzarella (1/2 c.) | <input type="checkbox"/> shredded pepper jack (about 1 c.) |
| <input type="checkbox"/> shredded parmesan (1/2 c.) | <input type="checkbox"/> 1 (15-oz.) container ricotta cheese | |

GRAINS, LEGUMES, PASTA & BULK

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|--|--|---|
| <input type="checkbox"/> raw cashews (1 c.) | <input type="checkbox"/> rice (about 1 c.) | <input type="checkbox"/> pearled farro (1 c.) |
| <input type="checkbox"/> jumbo pasta shells (16) | | |

CANNED & JARRED GOODS

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|---|--|--|
| <input type="checkbox"/> 1 (15-oz.) can black beans | <input type="checkbox"/> 2 (15-oz.) cans chickpeas | <input type="checkbox"/> 1 (15-oz.) can diced tomatoes |
| <input type="checkbox"/> 1 (8-oz.) can tomato sauce | <input type="checkbox"/> tomato paste (2 tbsp.) | <input type="checkbox"/> 1 small can chipotle in adobo |
| <input type="checkbox"/> marinara sauce (1 1/2 c.) | <input type="checkbox"/> peach preserves (1/4 c.) | |

EVERYTHING ELSE

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|---|--|--|
| <input type="checkbox"/> vegetable broth (1 c.) | <input type="checkbox"/> 6 burger buns | <input type="checkbox"/> large flour tortillas (8) |
|---|--|--|