



MONDAY



*Corn, Poblano and Cheddar Pizza*

TUESDAY



*Nectarine and Avocado Salad*

WEDNESDAY



*Beer-Marinated Grilled Mushroom Tacos*

THURSDAY



*Zucchini Noodles with Roasted Tomatoes*

FRIDAY



*Vegan Cincinnati Chili*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (5 tbsp.)
- honey (2 tbsp.)
- chili powder (1 tbsp.)
- dried oregano (1 tsp.)
- ground cumin (3 tsp.)
- grapeseed oil (1 tbsp.)
- tamari (2 tbsp.)
- allspice (1/4 tsp.)
- paprika (1 tsp.)
- unsweetened cocoa powder (1 tbsp.)
- apple cider vinegar (1 tbsp.)
- bay leaf (1)
- ground cloves (1/4 tsp.)
- ground cinnamon (1 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 small piece ginger root
- 10 oz. grape tomatoes
- 1 medium avocado
- 6 limes
- 1 bunch green onions
- 1 medium red onion
- 1 poblano pepper
- 1 medium tomato
- 4 ears corn
- 1 lemon
- 1 bunch cilantro
- 1 large yellow onion
- 2 lbs. + 1 med. zucchini
- 8 med. portabella mushrooms
- 2 nectarines
- 5 oz. spring mix salad greens
- 1 pkg. fresh mint

DAIRY & OTHER REFRIGERATED ITEMS

- 3 eggs
- 8 oz. pkg. marinated tofu
- low-fat milk (1/2 c.)
- 1 (13.8-oz.) can refrigerated pizza dough
- 4 oz. sharp cheddar

GRAINS, LEGUMES, PASTA & BULK

- raw cashew pieces (3/4 c.)
- wheat berries (1 c.)
- pine nuts (3 tbsp.)
- 8 oz. brown lentils
- pepitas (1/4 c.)
- 8 oz. whole wheat spaghetti

CANNED & JARRED GOODS

- 1 (8-oz.) can tomato sauce
- 1 can chipotle in adobo

EVERYTHING ELSE

- pale lager (1 c.)
- 1 pkg. small tortillas
- low sodium veg broth (3 c.)