



SHOPPING LIST

MONDAY



Sage Polenta Bowls

TUESDAY



Roasted Butternut Squash Panini

WEDNESDAY



Slow Cooker Corn & Red Pepper Chowder

THURSDAY



Cheesy Kale & Quinoa Casserole

FRIDAY



Crispy Parmesan Cauliflower Steaks

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (6 tbsp.)
- all-purpose flour (1/4 c.)
- ground cumin (1 tsp.)
- cayenne pepper (1/8 tsp.)
- smoked paprika (1/2 tsp.)
- mustard powder (1 tsp.)
- red pepper flakes (pinch or two)

FRESH PRODUCE

- 1 head garlic
- 1 medium yellow onion
- 1 large yellow onion
- 1 large cauliflower
- 1 bunch lacinato kale
- 3 medium Yukon Gold potatoes
- 1 medium red bell pepper
- 1 medium butternut squash
- 4 oz. fresh wild mushrooms
- 1 lb. Brussels sprouts
- 1 lemon
- 1 pkg. fresh sage leaves
- 1 bunch parsley

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- non-dairy milk (1 c. + 2 tbsp.)
- shredded mild cheddar (2 c.)
- shredded parmesan (3/4 c.)
- grated parmesan (1/4 c.)
- 7 oz. fresh mozzarella
- plain Greek yogurt (3/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- raw walnut halves (1/4 c.)
- instant polenta (1 c.)
- quinoa (1 c.)

FROZEN

- frozen sweet corn kernels (4 c.)

CANNED & JARRED GOODS

- 1 (15-oz.) can cannellini beans

EVERYTHING ELSE

- panko breadcrumbs (3/4 c.)
- 1 loaf sourdough bread
- low sodium veg broth (4 1/2 c.)