



MONDAY



*Mushroom & Chickpea Paprikash*

TUESDAY



*Roasted Brussels Sprout & Cabbage Pizza*

WEDNESDAY



*Butternut Squash, Kale & Lentil Salad*

THURSDAY



*Spaghetti Squash with Garlicky Kale Pesto*

FRIDAY



*Vegetarian Chicken Noodle Soup*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 1 c.)
- cornmeal (about 1 tbsp.)
- bay leaves (2)
- honey (1 tbsp.)
- sweet paprika (1 1/2 tbsp.)
- red pepper flakes (pinch)
- all-purpose flour (3 tbsp.)
- cayenne pepper (1/4 tsp.)

FRESH PRODUCE

- 1 head garlic
- 4 medium carrots
- 8 oz. Brussels sprouts
- 1 small head red cabbage
- 2 lemons
- 2 medium yellow onions
- 1 small bunch celery
- 1 large tomato
- 1 small butternut squash
- 1 bunch fresh parsley
- 1 large yellow onion
- 16 oz. baby bella mushrooms
- 1 large bunch kale
- 1 extra large spaghetti squash
- 1 pkg. fresh thyme

DAIRY & OTHER REFRIGERATED ITEMS

- sour cream (1/2 c.)
- shredded parmesan (1/4 c.)
- 14 oz. extra-firm tofu
- shredded mozzarella (1 1/4 c.)
- 1 lb. refrigerated pizza dough

GRAINS, LEGUMES, PASTA & BULK

- raw walnuts (3/4 c.)
- lentils (about 1/2 c.)
- 20 oz. egg noodles

CANNED & JARRED GOODS

- 1 (15-oz.) can chickpeas
- tahini (1/3 c.)
- sun-dried tomatoes (1/3 c.)

EVERYTHING ELSE

- 1 bag pita chips
- 4 quarts no-chicken broth
- low sodium veg broth (1 1/4 c.)