



MONDAY



*Mushroom Cannellini Bean Patty Melts*

SHOPPING LIST

TUESDAY



*General Tso's (Not) Chicken Bowls*

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (7 tbsp.)
- rice vinegar (1 tbsp.)
- maple syrup (1 tbsp.)
- all-purpose flour (1/4 c.)
- ground cumin (1 tbsp.)
- grapeseed oil (2 tbsp.)
- white wine vinegar (1 tbsp.)
- soy sauce (2 tbsp.)
- dried oregano (1/2 tsp.)
- ground coriander (1/2 tsp.)
- butter (2-3 tbsp.)
- honey (2 tbsp.)
- cornstarch (5 tbsp.)
- chili powder (2 tbsp.)
- vegetarian worcestershire (1 tsp.)

FRESH PRODUCE

- 1 head garlic
- 1 large yellow onion
- 1 large broccoli crown
- 1 jalapeño pepper
- 1 lb. Brussels sprouts
- 1 lemon
- 1 small yellow onion
- 1 shallot
- 1 bunch green onions
- 1 small butternut squash
- 1 lb. kale leaves
- 1 orange
- 1 medium yellow onion
- 1 small piece fresh ginger root
- 16 oz. baby bella mushrooms
- 1 medium delicata squash
- 1 bunch parsley
- 1 pomegranate

WEDNESDAY



*Lemony Wheat Berries with Brussels Sprouts*

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- 16 oz. seitan
- sliced Swiss cheese

GRAINS, LEGUMES, PASTA & BULK

- walnut pieces (1/4 c.)
- red wheat berries (1 1/2 c.)
- pepitas (1/4 c.)
- sesame seeds (2 tsp.)

THURSDAY



*Kale & Delicata Salad*

CANNED & JARRED GOODS

- hoisin sauce (2 tbsp.)
- 2 (15-oz.) cans black beans
- 1 (15-oz.) can cannellini beans
- tomato paste (1 tsp.)
- 1 (28-oz.) can diced tomatoes

EVERYTHING ELSE

- porter beer (1 c.)
- 15 dried red chili peppers
- 1 loaf rye bread
- panko breadcrumbs (1/2 c.)
- vegetable broth (3 1/4 c.)

FRIDAY



*Slow Cooker Butternut Squash Chili*