



MONDAY



*Veggie Lasagna Soup*

TUESDAY



*Tofu Vindaloo*

WEDNESDAY



*Brussels Sprout, Tempeh & Soba Noodle Skillet*

THURSDAY



*Chard, Lentil & Potato Slow Cooker Soup*

FRIDAY



*Thai Kabocha Curry*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (2 tbsp.)
- sesame oil (1 tbsp.)
- apple cider vinegar (2 tbsp.)
- sriracha (1 tsp.)
- ground cumin (1/2 tsp.)
- ground cinnamin (1/2 tsp.)
- grapeseed oil (2 tbsp.)
- tamari/soy sauce (4 tbsp.)
- brown sugar (2 tbsp.)
- bay leaf (1)
- ground coriander (1/2 tsp.)
- ground cloves (1/4 tsp.)
- coconut oil (1 tbsp.)
- rice vinegar (2 tbsp.)
- maple syrup (1 tbsp.)
- Italian seasoning (2 tsp.)
- ground turmeric (1 tsp.)
- dry mustard (1/2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 large yellow onions
- 1 small kabocha squash
- 1 bunch celery
- 1 lb. Brussels sprouts
- 1 small bunch kale
- 1 small pkg. basil leaves
- 1 small yellow onion
- 4 med. Yukon Gold potatoes
- 1 large cauliflower
- 1 large carrot
- 1 medium zucchini
- 1 large bunch Swiss chard
- 1 bunch parsley
- 1 medium yellow onion
- 1 small piece fresh ginger root
- 1 red bell pepper
- 2 c. fresh green beans
- 4 oz. white mushrooms
- 3 oz. baby spinach

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (15-oz.) pkg. extra-firm tofu
- ricotta cheese (1 c.)
- 1 (14-oz.) pkg. firm tofu
- shredded mozzarella (1/2 c.)
- 1 (8-oz.) pkg. tempeh
- shredded parmesan (1/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- rice (about 2 c.)
- dried brown lentils (1 c.)
- lasagna noodles (6 oz.)
- soba noodles (8 oz.)

CANNED & JARRED GOODS

- yellow curry paste (4-6 tbsp.)
- 1 (24-oz.) can whole tomatoes
- tomato paste (1/2 c.)
- 2 (14-oz.) cans light coconut milk
- 1 (15-oz.) can cannellini beans

EVERYTHING ELSE

- Asian chili paste (1 tbsp.)
- low-sodium vegetable broth (11 1/4 c.)