



MONDAY



*Southwestern Veggie Wraps*

TUESDAY



*Salisbury Steak + Mashed Potatoes*

WEDNESDAY



*Cheese Tortellini Bake with Roasted Broccoli*

THURSDAY



*African Peanut Soup*

FRIDAY



*Apple Cheddar Pizza*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 1/4 c.)
- ketchup (2 tbsp.)
- all-purpose flour (1 tbsp.)
- ground coriander (1/2 tsp.)
- garlic powder (1 tsp.)
- salted butter (4-5 tbsp.)
- maple syrup (1 tbsp.)
- dried thyme (2 tsp.)
- ground cumin (1 1/2 tsp.)
- Italian seasoning (1 tsp.)
- soy sauce/tamari (3 tbsp.)
- Worcestershire sauce (1 tsp.)
- dried sage (1 tsp.)
- smoked paprika (1/4 tsp.)
- cayenne pepper (pinch)

FRESH PRODUCE

- 1 head garlic
- 1 small yellow onion
- 3 large sweet potatoes
- 1 bunch celery
- 1 pkg. baby spinach (3 c.)
- 1 bunch fresh cilantro
- 1 large yellow onion
- 1 small red onion
- 1 large tomato
- 1 small hot chile pepper
- 1 pkg. salad greens
- 1 medium yellow onion
- 1 1/2 lb. Yukon potatoes
- 2 medium crowns broccoli
- 8 oz. white or cremini mushrooms
- 1 apple (Honeycrisp, Fuji, etc.)

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- shredded mozzarella (1/2 c.)
- guacamole (1 c.)
- 1 (9-oz.) pkg. cheese tortellini
- shredded aged cheddar (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- chopped walnuts (2 tbsp.)
- brown lentils (3/4 c.)
- roasted peanuts (1/2 c.)
- old-fashioned oats (1/3 c.)

CANNED & JARRED GOODS

- 2 (15-oz.) cans coconut milk
- 1 (15-oz.) can black beans
- marinara sauce (1 c.)
- 1 (14.5-oz.) can diced fire-roasted tomatoes
- peanut butter (3/4 c.)

EVERYTHING ELSE

- dry white wine (1/4 c.)
- mushroom or vegetable stock (2 c.)
- large tortillas (4)
- 1 large prepared pizza crust