



MONDAY



*Roasted Garlic and Mushroom Soup*

TUESDAY



*Socca with Sautéed Chard & Parmesan*

WEDNESDAY



*Gnocchi with Roasted Brussels Sprouts*

THURSDAY



*Crispy Cauliflower Carrot Fritters*

FRIDAY



*Vegan Cincinnati Chili*

SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 3/4 c.)
- cinnamon (1 tsp.)
- smoked paprika (1/2 tsp.)
- ground cumin (1 tsp.)
- bay leaf (1)
- apple cider vinegar (1 tbsp.)
- cayenne pepper (1/8 tsp.)
- chili powder (1 tbsp.)
- ground cloves (1/4 tsp.)
- all-purpose flour (3/4 c.)
- unsweetened cocoa powder (1 tbsp.)
- allspice (1/4 tsp.)
- paprika (1 tsp.)

FRESH PRODUCE

- 2 heads garlic
- 1 lb. Brussels sprouts
- 1 small head cauliflower
- 1 bunch green onions
- fresh thyme (1 tbsp. minced)
- 1 large yellow onion
- 1/2 lb. shiitake mushrooms
- 1 bunch rainbow chard
- 1 bag mixed salad greens
- 1 medium yellow onion
- 1 lb. baby bella mushrooms
- 1 bag matchstick-cut carrots (1 c.)
- 1 lemon

DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- grated parmesan (1/3 c.)
- 2% or whole milk (1 c.)
- shredded cheddar cheese
- shredded parmesan (about 1/2 c.)

GRAINS, LEGUMES, PASTA & BULK

- chickpea flour (1 c.)
- raw cashews (3/4 c.)
- golden raisins (1/4 c.)
- brown lentils (8 oz.)
- pine nuts (6 tbsp.)
- whole wheat spaghetti (8 oz.)

CANNED & JARRED GOODS

- 1 (8-oz.) can tomato sauce

EVERYTHING ELSE

- red wine (1/2 c.)
- gnocchi (1 lb.)
- low-sodium veggie broth (7 c.)