



## SHOPPING LIST

MONDAY



*Cremini and Chard Stuffed Shells*

TUESDAY



*Crispy Tofu Sandwiches with Peanut Sauce*

WEDNESDAY



*Stuffed Poblano Peppers*

THURSDAY



*Nourish Bowls*

FRIDAY



*Slow Cooker Corn & Red Pepper Chowder*

### THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 5 tbsp.)
- rice wine vinegar (1/4 c.)
- dried oregano (1/4 tsp.)
- Italian seasoning (2 tsp.)
- crushed red pepper flakes (pinch)
- vegetable/peanut oil (1 tbsp.)
- maple syrup (2 tsp.)
- ground coriander (1 tsp.)
- smoked paprika (1/2 tsp.)
- soy sauce/tamari (5 tsp.)
- light brown sugar (2-3 tsp.)
- ground cumin (1 1/2 tsp.)
- cayenne pepper (1/8 tsp.)

### FRESH PRODUCE

- 1 head garlic
- 1 (4-in.) piece ginger
- 1 small carrot
- 4 medium poblano peppers
- 8 oz. cremini mushrooms
- 1 bunch fresh cilantro
- 1 medium yellow onion
- 1 lb. Yukon Gold potatoes
- 1 lb. Brussels sprouts
- 1 small red bell pepper
- 1 bunch kale
- 1 bunch green onions
- 1 medium red onion
- 1 medium sweet potato
- 1 jalapeño pepper
- 1 medium red bell pepper
- 1 bunch Swiss chard

### DAIRY & OTHER REFRIGERATED ITEMS

- 1 egg
- soy/almond milk (1 c.)
- shredded parmesan (1/2 c.)
- white miso (2 tsp.)
- 1 (15-oz.) container ricotta
- jalapeño jack cheese (about 6 oz.)
- 1 (14-oz.) pkg. extra-firm tofu
- shredded mozzarella (1/2 c.)

### GRAINS, LEGUMES, PASTA & BULK

- quinoa (1 c.)
- cornmeal (3/4 c.)
- jumbo pasta shells (16)

### FROZEN

- frozen sweet corn kernels (4 c.)

### CANNED & JARRED GOODS

- 2 (15-oz.) cans black beans
- tahini (1/4 c.)
- 1 (15-oz.) can chickpeas
- marinara sauce (1 1/2 c.)
- 1 (14.5-oz.) can crushed fire-roasted tomatoes
- creamy peanut butter (6 tbsp.)

### EVERYTHING ELSE

- vegetable broth (5 c.)
- sandwich wraps, pitas or naan (4 pieces)