



SHOPPING LIST

MONDAY



One-Pot Spinach and Artichoke Pasta

TUESDAY



Roasted Delicata Squash Pita Tostadas with Black Beans and Guacamole

WEDNESDAY



Spinach Mushroom Enchiladas

THURSDAY



Peanutty Quinoa Bowls

FRIDAY



Chana Masala Stuffed Sweet Potatoes

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|---|---|---|
| <input type="checkbox"/> Olive oil (about ¾ cup) | <input type="checkbox"/> Peanut butter (1/4 cup) | <input type="checkbox"/> Brown sugar (1 teaspoon) |
| <input type="checkbox"/> Garam masala (1 to 2 tablespoons) | <input type="checkbox"/> Paprika (about 2 tablespoons) | |
| <input type="checkbox"/> Red pepper flakes (about ½ teaspoon) | <input type="checkbox"/> Maple syrup (1 tablespoon) | |
| <input type="checkbox"/> Soy sauce or tamari (about ½ cup) | <input type="checkbox"/> Ground cumin (1 1/2 teaspoons) | |

FRESH PRODUCE

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|---|---|--|
| <input type="checkbox"/> 4 sweet potatoes | <input type="checkbox"/> 4 yellow onions | <input type="checkbox"/> 3 avocados |
| <input type="checkbox"/> 2 small red bell peppers | <input type="checkbox"/> 2 delicata squashes | <input type="checkbox"/> 3 limes |
| <input type="checkbox"/> 2 small broccoli crowns | <input type="checkbox"/> 2 Vidalia onions | <input type="checkbox"/> 1 bulb garlic |
| <input type="checkbox"/> 1 (4 inch) piece fresh ginger | <input type="checkbox"/> 1 large bunch fresh cilantro | |
| <input type="checkbox"/> 20 ounces fresh baby spinach | <input type="checkbox"/> 6 ounces shiitake mushrooms | |
| <input type="checkbox"/> 16 ounces baby bella mushrooms | <input type="checkbox"/> 1 lemon | |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 (15-ounce) package extra-firm tofu
- ☐ Shredded mild white cheddar cheese (2 cups)
- ☐ Parmesan cheese (1/2 cup)
- ☐ Goat cheese (2 tablespoons)

FROZEN

- ☐ Frozen artichoke hearts (1 pound)

CANNED & JARRED GOODS

- | | |
|---|--|
| <input type="checkbox"/> 1 (15 ounce) can chickpeas | <input type="checkbox"/> 1 (8 ounce) jar tomato paste |
| <input type="checkbox"/> 1 (14 ounce) can full fat coconut milk | <input type="checkbox"/> 1 (28-ounce) can diced tomatoes |
| <input type="checkbox"/> 1 (12-ounce) can evaporated milk | <input type="checkbox"/> 1 (15 ounce) can black beans |

GRAINS, LEGUMES, PASTA & BULK

- ☐ 1 pound penne pasta
- ☐ Quinoa (1 cup)
- ☐ Shelled pumpkin seeds (1/4 cup)
- ☐ Roasted peanuts (1/4 cup)

EVERYTHING ELSE

- ☐ White wine (1/2 cup)
- ☐ Sandwich size pita bread (6 pieces)
- ☐ Large flour tortillas (10 pieces)