



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

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

FRESH PRODUCE

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

- 1 (15 ounce) can chickpeas
- 1 (8 ounce) jar tomato paste
- 1 (14 ounce) can full fat coconut milk
- 1 (28-ounce) can diced tomatoes
- 1 (12-ounce) can evaporated milk
- 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)