



MONDAY



Roasted Vegetable Sandwiches with Creamy Chimichurri Spread

SHOPPING LIST

TUESDAY



Vegan Fettuccini Kalefredo

THINGS YOU PROBABLY HAVE ON HAND

- Olive oil (about ½ cup)
- Chili powder (1 teaspoon)
- Hot sauce
- Red pepper flakes (pinch)
- Turmeric (1 teaspoon)
- 1 bay leaf
- Unflavored soy or almond milk (2/3 cup)
- Ground cumin (about 3 tablespoons)
- Red wine vinegar (3 tablespoons)
- All-purpose flour (2 tablespoons)
- Cajun seasoning (1 tablespoon)
- Garlic powder (1 teaspoon)

WEDNESDAY



Chipotle Black Bean & Sweet Potato Chili

FRESH PRODUCE

- 2 red onions
- 2 yellow onions
- 1 green bell pepper
- 2 red bell peppers
- 1 garlic bulb
- 1 lemon
- 1 bunch scallions
- 1 sweet potato
- 1 large bunch kale
- 1 small bunch celery
- 2 zucchinis
- 1 bunch cilantro
- 1 (4 ounce) package shiitake mushrooms
- 2 large portabella mushrooms
- 1 (8 ounce) package white button mushrooms
- 1 bunch flat leaf parsley

DAIRY & OTHER REFRIGERATED ITEMS

- 2 (14 ounce) packages firm tofu
- 1 (12 ounce) package silken tofu

THURSDAY



Freezer Friendly Greens & Tofu Scramble Wraps

FROZEN ITEMS

- Frozen okra (1 cup)

CANNED & JARRED GOODS

- Vegetable broth (5 cups)
- 1 (14 ounce) can black beans
- 1 (8 ounce) can tomato paste
- 3 (14 ounce) cans diced tomatoes
- 1 can chipotle peppers in adobo sauce
- Vegetarian Worcestershire sauce (2 tablespoons)
- 1 (15 ounce) can kidney beans

FRIDAY



Slow Cooker Vegetarian Gumbo

GRAINS, LEGUMES, PASTA & BULK

- Dried fettuccine pasta (1/2 pound)
- Nutritional yeast (3 tablespoons)
- Raw cashews (3/4 cup)
- Rice (about 1 ½ cups)

EVERYTHING ELSE

- 6 whole wheat tortillas
- 1 baguette