



SHOPPING LIST

MONDAY



Slow Cooker Indian Spiced Chickpeas & Potatoes

TUESDAY



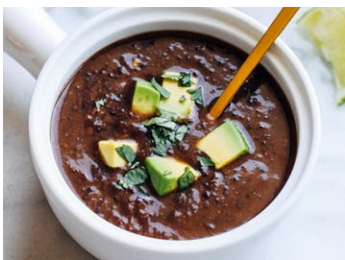
Spaghetti All'arrabbiata with Mushrooms and Bell Peppers

WEDNESDAY



Thai Stuffed Peppers

THURSDAY



5 Ingredient Black Bean Soup

FRIDAY



Roasted Vegetable & White Bean Pesto Hummus Pizza

THINGS YOU PROBABLY HAVE ON HAND

- Chili powder (1 teaspoon)
- Turmeric (1/4 teaspoon)
- Ground coriander (2 teaspoons)
- Ground cumin (1 tablespoon)
- Garam masala (1/2 teaspoon)
- Red pepper flakes (about 3 tablespoons)
- Olive oil (about 1/2 cup)
- Granulated sugar (1 1/2 teaspoons)
- Ground ginger (1/2 teaspoon)
- Pepper
- Salt

FRESH PRODUCE

- 8 ounces white button mushrooms
- 8 ounces cremini mushrooms
- 2 small Thai or Asian eggplants
- 1 (4 inch) piece fresh ginger
- 1 pound red potatoes
- 1 broccoli crown
- 1 bunch fresh cilantro
- 1 jalapeño pepper
- 1 lime
- 1 lemon
- 2 zucchinis
- 1 bulb garlic
- 5 red bell peppers
- 1 red onion
- 1 bunch fresh basil
- 1 yellow onion

DAIRY & OTHER REFRIGERATED ITEMS

- 1 pound pizza dough

CANNED & JARRED GOODS

- 1 (16 ounce) jar salsa
- 3 (15-ounce) cans diced tomatoes
- 1 (8 ounce) can tomato paste
- 2 (15-ounce) cans black beans
- 2 (15-ounce) cans chickpeas
- 1 (15-ounce) can cannellini beans
- 1 small jar vegan pesto
- 1 small jar red curry paste
- 1 (15-ounce) can coconut milk
- 2 (14 ounce) cans vegetable broth

GRAINS, LEGUMES, PASTA & BULK

- Arborio rice (3/4 cup)
- Dried spaghetti (10 ounces)