

MONDAY



**Black Bean & Quinoa
Freezer Burritos**

TUESDAY



**Honey Balsamic Roasted
Vegetable Lentil Salad**

WEDNESDAY



**Southwest
Egg Scramble**

THURSDAY



**Creamy Wild Rice
& Mushroom Soup**

FRIDAY



**Walnut Chickpea
Burgers**



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|---|--|--|
| <input type="checkbox"/> Olive oil (about ½ cup) | <input type="checkbox"/> Canola oil (2 tablespoons) | <input type="checkbox"/> All-purpose flour (1/4 cup) |
| <input type="checkbox"/> Maple syrup (1 tablespoon) | <input type="checkbox"/> Honey (1 ½ tablespoons) | <input type="checkbox"/> Soy sauce (1 tablespoon) |
| <input type="checkbox"/> Chili powder (1 teaspoon) | <input type="checkbox"/> Paprika (about 1 teaspoon) | <input type="checkbox"/> Ground cumin (1 tablespoon) |
| <input type="checkbox"/> Dried thyme (1 teaspoon) | <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Balsamic vinegar (1 ½ tablespoons) | <input type="checkbox"/> Red wine vinegar (1 tablespoon) | |
| <input type="checkbox"/> Smoked paprika (about 2 teaspoons) | <input type="checkbox"/> Cayenne pepper (1/4 teaspoon) | |

FRESH PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 4 yellow onions | <input type="checkbox"/> 3 red bell peppers | <input type="checkbox"/> 1 green bell pepper |
| <input type="checkbox"/> 2 large tomatoes | <input type="checkbox"/> 1 bunch parsley | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 1 bulb garlic | <input type="checkbox"/> 1 bunch celery | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 1 shallot | <input type="checkbox"/> 1 small red onion | <input type="checkbox"/> 2 jalapeno peppers |
| <input type="checkbox"/> 1 bunch green leaf lettuce | <input type="checkbox"/> 1 zucchini | |
| <input type="checkbox"/> 2 (8 ounce) packages baby bella mushrooms | | |

DAIRY & OTHER REFRIGERATED ITEMS

- | | |
|---|---|
| <input type="checkbox"/> Shredded jalapeno cheese (1 cup) | <input type="checkbox"/> Reduced fat sour cream |
| <input type="checkbox"/> Crumbled feta cheese (about ¼ cup) | <input type="checkbox"/> (3/4 cup) 6 large eggs |

CANNED & JARRED GOODS

- | | |
|---|---|
| <input type="checkbox"/> 2 (14 ounce) cans black beans | <input type="checkbox"/> 1 (14 ounce) can chickpeas |
| <input type="checkbox"/> Horseradish mustard (1/4 cup) | <input type="checkbox"/> Vegetable broth (4 cups) |
| <input type="checkbox"/> Vegan Worcestershire sauce (2 tablespoons) | |

GRAINS, LEGUMES, PASTA & BULK

- | | |
|---|---|
| <input type="checkbox"/> Shelled walnuts (about 1 ½ cups) | <input type="checkbox"/> Ground flaxseed (1 tablespoon) |
| <input type="checkbox"/> Quick cooking wild rice (1 cup) | <input type="checkbox"/> Panko breadcrumbs (1 cup) |
| <input type="checkbox"/> Dried green lentils (1 cup) | <input type="checkbox"/> Quinoa (1/2 cup) |

FROZEN

- ☐ Frozen corn (2 cups)

EVERYTHING ELSE

- ☐ White wine (1/3 cup)
- ☐ 6 large whole wheat tortillas
- ☐ 6 burger buns