



## SHOPPING LIST

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*

### THINGS YOU PROBABLY HAVE ON HAND

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

### FRESH PRODUCE

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

### DAIRY & OTHER REFRIGERATED ITEMS

- Shredded jalapeno cheese (1 cup)
- Reduced fat sour cream
- Crumbled feta cheese (about ¼ cup)
- (3/4 cup) 6 large eggs

### CANNED & JARRED GOODS

- 2 (14 ounce) cans black beans
- 1 (14 ounce) can chickpeas
- Horseradish mustard (1/4 cup)
- Vegetable broth (4 cups)
- Vegan Worcestershire sauce (2 tablespoons)

### GRAINS, LEGUMES, PASTA & BULK

- Shelled walnuts (about 1 ½ cups)
- Ground flaxseed (1 tablespoon)
- Quick cooking wild rice (1 cup)
- Panko breadcrumbs (1 cup)
- Dried green lentils (1 cup)
- Quinoa (1/2 cup)

### FROZEN

- Frozen corn (2 cups)

### EVERYTHING ELSE

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