



SHOPPING LIST

MONDAY



*Tempeh Hash
with Brussels Sprouts*

TUESDAY



*Veggie Lo Mein
with Pan-Fried Tofu*

WEDNESDAY



*Swiss Chard
Mushroom Enchiladas*

THURSDAY



*Tempeh
Bolognese*

FRIDAY



*Butternut Squash Soup
with Crispy Brussels Sprouts*

THINGS YOU PROBABLY HAVE ON HAND

- Olive oil (about ½ cup)
- Vegetable oil (3 tablespoons)
- Oregano (1 ½ teaspoons)
- Garlic powder (1/2 teaspoon)
- Paprika (1 ½ teaspoons)
- Cayenne pepper (pinch)
- Ground cumin (1 teaspoon)
- Dried thyme (1 teaspoon)
- Chili powder (1/2 teaspoon)
- Ground nutmeg (1/4 teaspoon)
- Maple syrup (about 2 ½ tablespoons)
- Red pepper flakes (pinch)
- Soy sauce (1/4 cup)

FRESH PRODUCE

- 4 Yukon gold potatoes
- 4 shallots
- 3 pounds Brussels sprouts
- 1 bunch scallions
- 1 garlic bulb
- 1 small piece fresh ginger
- 1 red bell pepper
- Snow peas (1 cup)
- 4 carrots
- 2 bunches Swiss chard
- 1 bunch cilantro
- 3 limes
- 1 lemon
- 2 onions
- 1 apple
- 6 shitake mushrooms (about 3 ounces)
- 1 pound cremini mushrooms
- 1 butternut squash

DAIRY & OTHER REFRIGERATED ITEMS

- 1 package (1 pound) extra firm tofu
- 2 (8 ounce) packages tempeh

CANNED & JARRED GOODS

- 1 (16 ounce) jar tomato habanero salsa
- 2 (14 ounce) cans diced tomatoes
- Coconut milk (1/2 cup)
- Hoisin sauce (1 tablespoon)
- Sesame oil (1 teaspoon)
- Low sodium vegetable broth (3 ½ cups)
- Dijon mustard (1 tablespoon)

GRAINS, LEGUMES, PASTA & BULK

- 1 pound dried spaghetti
- Nutritional yeast flakes (1/4 cup)
- Sunflower seeds (1 cup)

EVERYTHING ELSE

- 8 (8 inch) tortillas