

MONDAY



*Slow Cooker Thai Sweet Potato Soup*

TUESDAY



*Vegetarian Pasta Carbonara with Roasted Butternut Squash*

WEDNESDAY



*Quinoa Risotto with Roasted Root Vegetables*

THURSDAY



*Huevos Rancheros Enchiladas*

FRIDAY



*Buffalo Cauliflower Sandwiches with Herbed Goat Cheese-Marscapone Dip*



## SHOPPING LIST

### THINGS YOU PROBABLY HAVE ON HAND

- ☐ Olive oil (about 1 cup)
- ☐ Brown sugar (1 tablespoon)
- ☐ Butter (2 tablespoons)
- ☐ Milk (2 tablespoons)
- ☐ Salt
- ☐ Pepper

### FRESH PRODUCE

- ☐ 1 onion ☐ 1 small piece ginger ☐ 2 red bell peppers
- ☐ 4 carrots ☐ 3 sweet potatoes ☐ 1 garlic bulb
- ☐ 1 large parsnip ☐ 1 bunch scallions ☐ 2 limes
- ☐ 1 large shallot ☐ 2 lemons ☐ 1 large russet potato
- ☐ 1 bunch parsley ☐ 1 bunch cilantro ☐ 1 head cauliflower
- ☐ 1 bunch lettuce ☐ 1 tomato ☐ 1 medium butternut squash

### DAIRY & OTHER REFRIGERATED ITEMS

- ☐ Shredded jalapeño jack cheese (1/2 cup)
- ☐ Grated Parmesan cheese (1 cup)
- ☐ Goat cheese (6 ounces)
- ☐ Mascarpone cheese (8 ounces)
- ☐ 12 eggs
- ☐ Vegetarian bacon (6 ounces)

### CANNED & JARRED GOODS

- ☐ Hot sauce (1/4 cup)
- ☐ 1 (14 ounce) can coconut milk
- ☐ Vegetable broth (6 ½ cups)
- ☐ Red curry paste (3 tablespoons)
- ☐ Jarred salsa (1 ¼ cups)

### GRAINS, LEGUMES, PASTA & BULK

- ☐ Dried red lentils (1 cup)
- ☐ Dried quinoa (1 cup)
- ☐ Orecchiette pasta (1 pound)

### EVERYTHING ELSE

- ☐ 12 corn tortillas
- ☐ 4 sub rolls