

MONDAY



*Winter Vegetable Stir-Fry  
with Crispy Tofu*

TUESDAY



*Roasted Sweet Potato  
Black Bean Tacos*

WEDNESDAY



*Thai Peanut & Broccoli  
Stuffed Spaghetti Squash*

THURSDAY



*Miso Veggie  
Noodle Soup*

FRIDAY



*Sloppy  
Lentils*



## SHOPPING LIST

### THINGS YOU PROBABLY HAVE ON HAND

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Soy sauce (about ½ cup)       | <input type="checkbox"/> Maple syrup (1/4 cup)  | <input type="checkbox"/> Cornstarch (1/4 cup)     |
| <input type="checkbox"/> Brown sugar (1 tbsp.)         | <input type="checkbox"/> Molasses (1 tbsp.)     | <input type="checkbox"/> Canola oil (about ½ cup) |
| <input type="checkbox"/> Olive oil (about 1/3 cup)     | <input type="checkbox"/> Garlic powder (1 tsp.) | <input type="checkbox"/> Mustard powder (1 tsp.)  |
| <input type="checkbox"/> Red pepper flakes             | <input type="checkbox"/> Ground cumin (1 tbsp.) | <input type="checkbox"/> Chili powder (1 tsp.)    |
| <input type="checkbox"/> Cayenne pepper (about ¼ tsp.) | <input type="checkbox"/> Pepper                 |   |
| <input type="checkbox"/> Apple cider vinegar (1 tbsp.) | <input type="checkbox"/> Salt                   |   |

### FRESH PRODUCE

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 bulb garlic                            | <input type="checkbox"/> 1 bunch scallions                      | <input type="checkbox"/> 4 carrots          |
| <input type="checkbox"/> 3 broccoli crowns                        | <input type="checkbox"/> 3 onions                               | <input type="checkbox"/> 2 spaghetti squash |
| <input type="checkbox"/> 1 (5 oz.) bag baby spinach               | <input type="checkbox"/> 1 piece fresh ginger                   | <input type="checkbox"/> 2 limes            |
| <input type="checkbox"/> 1 bunch fresh cilantro                   | <input type="checkbox"/> 1 large sweet potato                   | <input type="checkbox"/> 1 avocado          |
| <input type="checkbox"/> 1 (8 oz.) package white button mushrooms | <input type="checkbox"/> 1 (4 oz.) package baby bella mushrooms |   |

### DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 (14 oz.) package extra firm tofu
- ☐ White miso paste (5 tbsp.)

### CANNED & JARRED GOODS

- ☐ Vegetable broth (2 cups)
- ☐ Creamy peanut butter (about 1/3 cup)
- ☐ 1 (15 oz.) can black beans
- ☐ 1 (15 oz.) can tomato sauce
- ☐ Tomato paste (1 tbsp.)
- ☐ Rice vinegar (2 tbsp.)
- ☐ Prepared salsa (1/2 cup)
- ☐ Sriracha sauce

### GRAINS, LEGUMES, PASTA & BULK

- ☐ Dried brown lentils (1 cup)
- ☐ Roasted peanuts (1/4 cup)
- ☐ Toasted sesame seeds (about 2 tbsp.)
- ☐ Udon noodles (8 oz.)
- ☐ Rice (about 1 cup)

### EVERYTHING ELSE

- ☐ 12 small tortillas
- ☐ 4 hamburger rolls