



SHOPPING LIST

MONDAY



*Brussels Sprout and Sweet Potato
Israeli Couscous Salad*

TUESDAY



*Tortellini and
Kale Soup*

WEDNESDAY



*Portabella Mushroom
Cheesesteaks*

THURSDAY



*Pasta with Thyme Cream
Zucchini Noodles*

FRIDAY



*Potato Pizza
with Kale Pizza*

THINGS YOU PROBABLY HAVE ON HAND

- Olive oil (about 1 ¼ cups)
- Dried basil (1/2 teaspoon)
- Salt
- Dried thyme (1 tablespoon)
- Dried parsley (1/2 teaspoon)
- Pepper
- Red pepper flakes (about ¾ teaspoon)
- Apple cider vinegar (1 tablespoon)
- All-purpose flour (1 tablespoon)
- Maple syrup (1 ½ tablespoons)

FRESH PRODUCE

- 1 pound Brussels sprouts
- 1 medium sweet potato
- 1 bunch green onions
- 1 green bell pepper
- 1 red bell pepper
- 2 yellow onions
- 2 zucchinis
- 3 carrots
- 1 red onion
- 2 bunches lacinato kale
- 1 bulb garlic
- 1 lemon
- 2 extra-large portabella mushrooms
- 4 yellow potatoes

DAIRY & OTHER REFRIGERATED ITEMS

- Shredded mozzarella (about 5 cups)
- Shredded fontina cheese (3/4 cup)
- Half and half (1 ¼ cups)
- 1 pound pizza dough

FROZEN ITEMS

- Frozen peas (3/4 cup)
- Frozen cheese tortellini (10 ounces)

CANNED & JARRED GOODS

- Low sodium vegetable broth (5 cups)
- 1 (14 ounce) can diced fire-roasted tomatoes
- 1 (15 ounce) can kidney beans

GRAINS, LEGUMES, PASTA & BULK

- Israeli couscous (1 ½ cups)
- Dried cranberries (2/3 cup)
- Sliced raw almonds (1/3 cup)
- Pine nuts (2 tablespoons)
- Dried spaghetti (8 ounces)

EVERYTHING ELSE

- 4 sub rolls
- Red wine (2 tablespoons)