



## SHOPPING LIST

MONDAY



*Curried Red Lentil Quinoa Bowls  
with Cilantro-Mint Chutney*

TUESDAY



*Beer Battered Tofu Tacos  
with Mango Salsa*

WEDNESDAY



*Roasted Vegetable  
Power Bowls*

THURSDAY



*Freezer-Friendly  
Vegetable Enchiladas*

FRIDAY



*Roasted Broccoli  
and Lemon Pasta*

### THINGS YOU PROBABLY HAVE ON HAND

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Coconut oil (3 tbsp.)         | <input type="checkbox"/> Canola oil (about 1/3 cup)   | <input type="checkbox"/> Olive oil (about ½ cup)  |
| <input type="checkbox"/> Maple syrup (1 tbsp.)         | <input type="checkbox"/> All-purpose flour (1 cup)    | <input type="checkbox"/> Garlic powder (1/2 tsp.) |
| <input type="checkbox"/> Chili powder (2 tsp.)         | <input type="checkbox"/> Salt                         | <input type="checkbox"/> Pepper                   |
| <input type="checkbox"/> Apple cider vinegar (1 tbsp.) | <input type="checkbox"/> Red pepper flakes (1/2 tsp.) |   |
| <input type="checkbox"/> Madras curry powder (1 tsp.)  | <input type="checkbox"/> Ground coriander (1/8 tsp.)  |   |

### FRESH PRODUCE

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 16 oz. button mushrooms | <input type="checkbox"/> 2 yellow onions        | <input type="checkbox"/> 1 white onion      |
| <input type="checkbox"/> 1 bulb garlic           | <input type="checkbox"/> 2 broccoli crowns      | <input type="checkbox"/> 2 leeks            |
| <input type="checkbox"/> 3 lemons                | <input type="checkbox"/> 1 mango                | <input type="checkbox"/> 1 red bell pepper  |
| <input type="checkbox"/> 12 oz. mixed greens     | <input type="checkbox"/> 1 bunch fresh cilantro | <input type="checkbox"/> 1 bunch fresh mint |
| <input type="checkbox"/> 1 bunch scallions       | <input type="checkbox"/> 1 avocado              | <input type="checkbox"/> 4 sweet potatoes   |
| <input type="checkbox"/> 1 small piece ginger    | <input type="checkbox"/> 3 limes                | <input type="checkbox"/> 4 beets            |

### DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 pound extra firm tofu

### FROZEN ITEMS

- ☐ Frozen corn (1/2 cup)

### CANNED & JARRED GOODS

- ☐ Roasted red bell peppers (1 cup)
- ☐ 1 (15 oz.) can black beans
- ☐ Vegetable broth (2 ½ cups)
- ☐ Tahini (2 tbsp.)
- ☐ 1 (16 oz.) jar enchilada sauce

### GRAINS, LEGUMES, PASTA & BULK

- ☐ Nutritional yeast (3 tbsp.)
- ☐ Short grain brown rice (1 cup)
- ☐ Quinoa (2 cups)
- ☐ Split red lentils (1 cup)
- ☐ Golden raisins (2 tbsp.)
- ☐ Raw almonds (1 1/2 cups)
- ☐ Whole wheat penne pasta (10 oz.)

### EVERYTHING ELSE

- ☐ 16 (8 inch) flour tortillas
- ☐ 1 (12 oz.) bottle ale