

MONDAY



*Lentil Stuffed
Pepper Soup*

TUESDAY



*Caramelized Onion, Spinach
& Avocado Quesadilla*

WEDNESDAY



*Spicy Cauliflower
Frittata*

THURSDAY



*Duxelles
Grilled Cheese*

FRIDAY



*Spicy Chickpea
& Spinach Stew*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- ☐ Olive oil (about 1/3 cup)
- ☐ Dried thyme (1 teaspoon)
- ☐ Dried oregano (1 teaspoon)
- ☐ Ground cumin (1/2 teaspoon)
- ☐ Salt
- ☐ Pepper

FRESH PRODUCE

- ☐ 1 green bell pepper
- ☐ 1 bunch fresh parsley
- ☐ 16 oz. cremini mushrooms
- ☐ Baby spinach (11 oz.)
- ☐ 1 head cauliflower
- ☐ 1 red bell pepper
- ☐ 1 garlic bulb
- ☐ 4 onions
- ☐ 2 shallots
- ☐ 2 avocados
- ☐ 2 lemons

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ Monterey jack cheese (3 cups)
- ☐ Halloumi cheese (8 oz.)
- ☐ Butter (about 1/4 cup)
- ☐ 8 eggs

CANNED & JARRED GOODS

- ☐ 1 (15 oz.) can diced fire-roasted tomatoes
- ☐ 1 (15 oz.) can tomato sauce
- ☐ 1 (15 oz.) can crushed tomatoes
- ☐ 2 (14 oz.) cans chickpeas
- ☐ Vegetable broth (4 1/2 cups)
- ☐ Harissa paste (2-3 tbsp.)
- ☐ Capers (2 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- ☐ Dried brown lentils (1 cup)
- ☐ Brown rice (16 oz.)

EVERYTHING ELSE

- ☐ 1 loaf sandwich bread
- ☐ 4 large flour tortillas
- ☐ Dry sherry (2 tbsp.)