



SHOPPING LIST

MONDAY



Tomato Basil Veggie Burgers

TUESDAY



One-Pot Thai Vegetable Red Curry

WEDNESDAY



Mediterranean Pasta Frittata

THURSDAY



Thai Fried Rice with Broccoli and Mushrooms

FRIDAY



Cheese Tortellini Bake with Roasted Broccoli

THINGS YOU PROBABLY HAVE ON HAND

- Granulated sugar (1/2 tbsp.)
- Soy sauce (4 tbsp.)
- Olive oil (1/2 cup)
- Cooking spray
- Garlic powder (1 tsp.)
- Pepper
- Red pepper flakes (1/4 tsp.)
- Italian seasoning (1 tsp.)
- Salt

FRESH PRODUCE

- 1 bunch fresh basil
- 2 onions
- 1 small piece ginger
- 2 carrots
- 1 russet potato
- 4 broccoli crowns
- 1 cauliflower crown
- 2 cups baby spinach
- 1 bunch scallions
- 1 cucumber
- 2 limes
- 1 garlic bulb
- 1 (8 oz.) package baby bella mushrooms

DAIRY & OTHER REFRIGERATED ITEMS

- Shredded mozzarella cheese (2 cups)
- Crumbled feta cheese (1/4 cup)
- 7 eggs
- Whole milk (1/2 cup)

FROZEN ITEMS

- Cheese tortellini (9 oz.)

CANNED & JARRED GOODS

- 1 (15 oz.) can cannellini beans
- Tomato paste (1 tbsp.)
- Marinara sauce (1 cup)
- Coconut milk (1 cup)
- Red curry paste (1/4 cup)
- Sriracha sauce

GRAINS, LEGUMES, PASTA & BULK

- Jasmine rice (about 3 cups)
- Breadcrumbs (1/4 cup)
- Sun-dried tomatoes (about 1/3 cup)
- Peanuts (about 3/4 cup)
- Dried penne pasta (1/2 lb.)

EVERYTHING ELSE

- 4 burger buns