



SHOPPING LIST

MONDAY



Crispy Tofu Sandwiches with Ginger Peanut Sauce

TUESDAY



Barbecue Lentil Bowls

WEDNESDAY



Peanut Ginger Vegetable Stir-Fry

THURSDAY



Baked Fried Brown Rice

FRIDAY



Jamaican Chickpea Stew

THINGS YOU PROBABLY HAVE ON HAND

- Olive oil (about 6 tbsp.)
- Soy sauce (about ½ cup)
- Curry powder (1 ½ tsp.)
- Brown sugar (about 3 tbsp.)
- Red pepper flakes (1/2 tsp.)
- Cooking spray
- Cayenne pepper
- Dried thyme (1 tsp.)
- Vegetable oil (about 3 tbsp.)
- Salt
- Pepper
- Allspice (1/2 tsp.)

FRESH PRODUCE

- 1 piece fresh ginger
- 2 bunches green onions
- 4 portabella mushrooms
- 1 avocado
- 8 ounces green beans
- 4 ounces baby bella mushrooms
- 3 red bell peppers
- 1 bunch fresh cilantro
- 1 head red cabbage
- 2 onions
- 1 small pineapple
- 3 carrots
- 1 lime
- 4 cups baby kale
- 1 broccoli crown
- 1 garlic bulb

DAIRY & OTHER REFRIGERATED ITEMS

- 1 (14 oz.) package extra firm tofu

FROZEN ITEMS

- Frozen edamame (1 cup)

CANNED & JARRED GOODS

- 1 (14 oz.) can diced tomatoes
- 1 (15 oz.) can black beans
- 1 (15 oz.) can chickpeas
- Barbecue sauce (about ½ cup)
- Peanut butter (about 2/3 cup)
- Rice vinegar (3 ½ tbsp.)
- Sriracha sauce (about 1 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- Brown rice (about 3 cups)
- Dried green lentils (1 cup)
- Raw cashews (1 cup)

EVERYTHING ELSE

- Red wine (1/4 cup)
- 4 pita bread loaves