

MONDAY



Cheesy Kale & Quinoa Casserole

TUESDAY



Baked Sriracha Tempeh Bowls

WEDNESDAY



Maple Sage Apple and Cheddar Grilled Cheese Sandwiches

THURSDAY



One-Pot Pasta Primavera

FRIDAY



Sweet Potato Pizza with Kale and Caramelized Onions



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|---|--|---|
| <input type="checkbox"/> Maple syrup (1 tbsp.) | <input type="checkbox"/> Soy sauce (1/4 cup) | <input type="checkbox"/> Butter (1 tbsp.) |
| <input type="checkbox"/> Olive oil (1/4 cup) | <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Red pepper flakes (1/4 tsp.) | | |

FRESH PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 3 onions | <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 1 bunch fresh sage |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 2 broccoli crowns |
| <input type="checkbox"/> 12 cherry tomatoes | <input type="checkbox"/> 2 apples | <input type="checkbox"/> 1 sweet potato |
| <input type="checkbox"/> 4 ounces white button mushrooms | <input type="checkbox"/> 1 ½ pounds asparagus | |
| <input type="checkbox"/> 1 large bunch lacinato kale | <input type="checkbox"/> 1 bunch fresh parsley | |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ Shredded cheddar cheese (3 cups)
- ☐ Parmesan cheese (about ¼ cup)
- ☐ Fontina cheese (about 4 oz.)
- ☐ Greek yogurt (1/4 cup)
- ☐ Skim milk (3 tbsp.)
- ☐ Heavy whipping cream (1/4 cup)
- ☐ 1 (8 oz.) package tempeh

FROZEN ITEMS

- ☐ Frozen peas (3/4 cup)

CANNED & JARRED GOODS

- ☐ 1 (15 oz.) can cannellini beans
- ☐ Vegetable broth (4 ½ cups)
- ☐ Sesame oil (1 tsp.)
- ☐ Sriracha sauce (2 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- ☐ Quinoa (1 cup)
- ☐ Brown rice (about 1 ½ cups)
- ☐ Raw walnut halves (1/4 cup)
- ☐ Dried linguine (8 oz.)

EVERYTHING ELSE

- ☐ 1 loaf sandwich bread
- ☐ 1 whole wheat pizza crust