

MONDAY



*Mee Goreng with
Tofu and Bok Choy*

TUESDAY



*Jerk Chickpea Wraps
with Habanero Aioli*

WEDNESDAY



*Red Curry Lentils
& Cauliflower*

THURSDAY



*Cheesy Vegan
Potato Leek Soup*

FRIDAY



*Vegan
Cincinnati Chili*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|--|---|---|
| <input type="checkbox"/> Powdered ginger (1 tsp.) | <input type="checkbox"/> Olive oil (about 3 tbsp.) | <input type="checkbox"/> Soy sauce (1/2 cup) |
| <input type="checkbox"/> Cornstarch (2 tbsp.) | <input type="checkbox"/> Cocoa powder (1 tbsp.) | <input type="checkbox"/> Maple syrup (1 tbsp.) |
| <input type="checkbox"/> Allspice (1 ¼ tsp.) | <input type="checkbox"/> Cinnamon (1 ½ tsp.) | <input type="checkbox"/> Dried thyme (1 ½ tsp.) |
| <input type="checkbox"/> Chili powder (1 tbsp.) | <input type="checkbox"/> Ground cumin (1 tsp.) | <input type="checkbox"/> Ground cloves (1/4 tsp.) |
| <input type="checkbox"/> 1 bay leaf | <input type="checkbox"/> Paprika (1 tsp.) | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Vegetable oil (about 1/2 cup) | <input type="checkbox"/> Dark brown sugar (1/4 cup) | <input type="checkbox"/> Pepper |

FRESH PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 4 shallots | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 1 pound bok choy |
| <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 3 limes | <input type="checkbox"/> 1 habanero pepper |
| <input type="checkbox"/> 3 onions | <input type="checkbox"/> 1 mango | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 1 bunch lettuce | <input type="checkbox"/> 1 piece fresh ginger |
| <input type="checkbox"/> 2 lbs. Yukon gold potatoes | <input type="checkbox"/> 1 cauliflower crown | <input type="checkbox"/> 2 leeks |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 (14 oz.) package extra firm tofu
- ☐ Unflavored soy milk (3 ¼ cups)

CANNED & JARRED GOODS

- ☐ Molasses (1/2 cup)
- ☐ 2 (14 oz.) cans chickpeas
- ☐ 1 (8 oz.) can tomato sauce
- ☐ 1 (14 oz.) can light coconut milk
- ☐ Cayenne pepper hot sauce (1 tbsp.)
- ☐ Apple cider vinegar (1 tbsp.)
- ☐ White wine vinegar (1 ½ tsp.)
- ☐ Vegetable broth (5 cups)
- ☐ Red curry paste (1/4 cup)
- ☐ Sambal oelek (2 tsp.)

GRAINS, LEGUMES, PASTA & BULK

- ☐ 1 lb. brown lentils
- ☐ Nutritional yeast (1/3 cup)
- ☐ 1 ½ lb. dried spaghetti
- ☐ Rice (1 cup)
- ☐ Raw cashews (1 cup)

EVERYTHING ELSE

- ☐ 4 flour tortillas