

MONDAY



*Cheesy Broccoli and Pepper Baked Orzo*

TUESDAY



*Chickpea Mushroom Paprikash*

WEDNESDAY



*Green Goddess Baked Potatoes*

THURSDAY



*Roasted Cauliflower Tacos with Chipotle Cream*

FRIDAY



*Broccoli Quinoa Quesadillas*



## SHOPPING LIST

### THINGS YOU PROBABLY HAVE ON HAND

- ☐ All-purpose flour (1/4 cup)
- ☐ Honey (about 1 1/2 tbsp.)
- ☐ Milk (1/4 cup)
- ☐ Olive oil (about 1/2 cup)
- ☐ Sweet paprika (1 1/2 tbsp.)
- ☐ Cayenne pepper (1/4 tsp.)
- ☐ Salt
- ☐ Pepper

### FRESH PRODUCE

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 2 avocados                 | <input type="checkbox"/> 2 radishes           | <input type="checkbox"/> 2 limes               |
| <input type="checkbox"/> 1 bunch fresh cilantro     | <input type="checkbox"/> 1 lemon              | <input type="checkbox"/> 1 garlic bulb         |
| <input type="checkbox"/> 1 red onion                | <input type="checkbox"/> 2 yellow onions      | <input type="checkbox"/> 1 bunch fresh parsley |
| <input type="checkbox"/> 4 sweet potatoes           | <input type="checkbox"/> 1 bunch green onions | <input type="checkbox"/> 1 orange bell pepper  |
| <input type="checkbox"/> 1 red bell pepper          | <input type="checkbox"/> 2 broccoli crowns    | <input type="checkbox"/> 1 large tomato        |
| <input type="checkbox"/> 1 lb. baby bella mushrooms | <input type="checkbox"/> 1 bunch fresh basil  |  |

### DAIRY & OTHER REFRIGERATED ITEMS

- ☐ Shredded cheddar cheese (2 cups)
- ☐ Shredded mozzarella cheese (1 cup)
- ☐ Greek yogurt (about 1 3/4 cups)

### CANNED & JARRED GOODS

- ☐ 1 (7 oz.) can chipotle peppers
- ☐ 1 (14 oz.) can fire roasted tomatoes
- ☐ 2 (15 oz.) cans chickpeas
- ☐ Balsamic vinegar (1 tbsp.)
- ☐ Vegetable broth (2 1/4 cups)

### GRAINS, LEGUMES, PASTA & BULK

- ☐ 1 1/2 cups dry orzo pasta
- ☐ 8 oz. dry egg noodles
- ☐ 1/4 cup quinoa

### EVERYTHING ELSE

- ☐ 8 corn tortillas
- ☐ 4 medium whole wheat tortillas