

MONDAY



*Peanut Udon Noodles  
with Snow Peas*

TUESDAY



*Curried  
Asparagus Soup*

WEDNESDAY



*Miso Glazed  
Sweet Potato Bowls*

THURSDAY



*BBQ Tempeh  
Sandwiches*

FRIDAY



*Pasta with Mushroom  
Bolognese Sauce*



## SHOPPING LIST

### THINGS YOU PROBABLY HAVE ON HAND

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Brown sugar (2 tsp.)             | <input type="checkbox"/> White sugar (pinch)     | <input type="checkbox"/> Olive oil (1/2 cup)      |
| <input type="checkbox"/> Garlic powder (1 tsp.)           | <input type="checkbox"/> Dried thyme (1 tsp.)    | <input type="checkbox"/> Dried basil (1 tsp.)     |
| <input type="checkbox"/> Dried oregano (1 tsp.)           | <input type="checkbox"/> Fennel seeds (1/2 tsp.) | <input type="checkbox"/> Ground turmeric (1 tsp.) |
| <input type="checkbox"/> Red pepper flakes (about 1 tsp.) | <input type="checkbox"/> Cooking spray           |   |
| <input type="checkbox"/> Sweet curry powder (1 tbsp.)     | <input type="checkbox"/> Salt                    |   |
| <input type="checkbox"/> Unflavored soy milk (1/2 cup)    | <input type="checkbox"/> Pepper                  |   |

### FRESH PRODUCE

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 4 oz. snow peas               | <input type="checkbox"/> 1 piece fresh ginger | <input type="checkbox"/> 1 garlic bulb |
| <input type="checkbox"/> 3 yellow onions               | <input type="checkbox"/> 2 lbs. asparagus     | <input type="checkbox"/> 3 lemons      |
| <input type="checkbox"/> 2 sweet potatoes              | <input type="checkbox"/> 2 bunches kale       | <input type="checkbox"/> 1 avocado     |
| <input type="checkbox"/> 8 oz. button mushrooms        | <input type="checkbox"/> 1 bunch celery       |  |
| <input type="checkbox"/> 1 lb. mixed fresh mushrooms   | <input type="checkbox"/> 2 carrots            |  |
| <input type="checkbox"/> Shredded coleslaw mix (1 cup) |   |  |

### DAIRY & OTHER REFRIGERATED ITEMS

- ☐ 1 (8 oz.) package tempeh

### CANNED & JARRED GOODS

- ☐ 1 (14 oz.) can crushed tomatoes  
 Maple syrup (1/4 cup)  
 Soy sauce (about 2/3 cup)  
 Barbecue sauce (3/4 cup)  
 Natural peanut butter (1/2 cup)  
 Rice vinegar (3 tbsp.)  
 Toasted sesame oil (1 tbsp.)  
 Miso paste (3 tbsp.)  
 Vegetable broth (6 cups)  
 Liquid smoke (1/2 tsp.)  
 Apple cider vinegar (1 tbsp.)  
 Tahini (1/4 cup)

### GRAINS, LEGUMES, PASTA & BULK

- ☐ Dried farro (1 1/2 cups)  
☐ Roasted peanuts (1/4 cup)  
☐ Raw cashew pieces (2/3 cup)  
☐ Dried udon noodles (8 oz.)  
☐ Dried linguine (10 oz.)

### EVERYTHING ELSE

- ☐ Dry red wine (1 cup)  
☐ 4 burger rolls