

MONDAY



*Mexican Inspired
Sweet Potato Casserole*

TUESDAY



*Thai Red Curry with
Asparagus and Tofu*

WEDNESDAY



*Roasted Yukon Potato
Spring Vegetable Bowls*

THURSDAY



*Vegetarian
Salisbury Steak*

FRIDAY



*Asparagus
Mushroom Melts*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- | | | |
|---|--|---|
| <input type="checkbox"/> Dried thyme (3 tsp.) | <input type="checkbox"/> Dried sage (1 tsp.) | <input type="checkbox"/> Garlic powder (1 tsp.) |
| <input type="checkbox"/> Brown sugar (1 tbsp.) | <input type="checkbox"/> All-purpose flour (1 tbsp.) | <input type="checkbox"/> Olive oil (1 cup) |
| <input type="checkbox"/> White vinegar (2 tsp.) | <input type="checkbox"/> Chili powder (1 tsp.) | <input type="checkbox"/> Ground cumin (1 tsp.) |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper | |

FRESH PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 2 onions | <input type="checkbox"/> 1 shallot | <input type="checkbox"/> 3 red bell peppers |
| <input type="checkbox"/> 2 jalapeño peppers | <input type="checkbox"/> 4 sweet potatoes | <input type="checkbox"/> 1 tomato |
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 bunch fresh cilantro | <input type="checkbox"/> 2 limes |
| <input type="checkbox"/> 3 lbs. asparagus | <input type="checkbox"/> 1 broccoli crown | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 4 oz. assorted wild mushrooms | <input type="checkbox"/> 1 ½ cups baby arugula | |
| <input type="checkbox"/> 1 lb. Yukon gold potatoes | <input type="checkbox"/> 8 oz. white mushrooms | |

DAIRY & OTHER REFRIGERATED ITEMS

- ☐ Monterey jack cheese (3 ½ cups)
- ☐ 1 (14 oz.) package extra firm tofu
- ☐ 1 egg

FROZEN ITEMS

- ☐ Frozen corn kernels (2 cups)

CANNED & JARRED GOODS

- | | | |
|---|---|---|
| <input type="checkbox"/> Maple syrup (1 tbsp.) | <input type="checkbox"/> 1 (15 oz.) can black beans | <input type="checkbox"/> 1 (15 oz.) can chickpeas |
| <input type="checkbox"/> Soy sauce (about 3 tbsp.) | <input type="checkbox"/> Ketchup (2 tbsp.) | <input type="checkbox"/> Vegetable broth (¾ cup) |
| <input type="checkbox"/> Vegetarian Worcestershire sauce (1 tsp.) | <input type="checkbox"/> Salsa (2 cups) | |
| <input type="checkbox"/> 1 (13.5 oz.) can light coconut milk | <input type="checkbox"/> Tahini (2 ½ tbsp.) | |
| <input type="checkbox"/> Mushroom stock (2 cups) | <input type="checkbox"/> Red curry paste (1/4 cup) | |

GRAINS, LEGUMES, PASTA & BULK

- ☐ Rice (about 1 cup)
- ☐ Quinoa (1/2 cup)
- ☐ Dried brown lentils (3/4 cup)
- ☐ Golden raisins (1/2 cup)
- ☐ Sliced almonds (1/4 cup)
- ☐ Old fashioned oats (1/3 cup)

EVERYTHING ELSE

- ☐ 1 loaf French bread
- ☐ Dry white wine (1/4 cup)