



SHOPPING LIST

MONDAY



Thai Red Curry with Asparagus & Tofu

TUESDAY



Vegetable Lasagna Soup

WEDNESDAY



Mexican Baked Polenta

THURSDAY



Roasted Broccoli & Sun-Dried Tomato Pizza

FRIDAY



Vegan "Tuna" Salad

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (2 tbsp. + 1 tsp.)
- light brown sugar (1 tbsp.)
- dried oregano (1/2 tsp.)
- bay leaf (1)
- peanut or canola oil (1 tbsp.)
- ground cumin (1 tsp.)
- cayenne (pinch)
- soy sauce/tamari (2 tsp.)
- chili powder (1/2 tsp.)
- Italian seasoning (2 tsp.)

FRESH PRODUCE

- 1 head garlic
- 2 medium zucchini
- 2 medium red bell peppers
- 3 oz. baby spinach
- 1 bunch cilantro
- 1 small red onion
- 1 lb. asparagus
- 1 crown broccoli
- 1 lime
- 1 bunch parsley
- 2 medium yellow onions
- 4 oz. white mushrooms
- 1 bunch celery
- 2 large lemons

DAIRY & OTHER REFRIGERATED ITEMS

- prepared pesto (2-3 tbsp.)
- queso fresco (4 oz.)
- shredded mozzarella cheese (1 1/2 c.)
- 1 (14-oz.) pkg. extra-firm tofu
- ricotta cheese (1 c.)
- 1 lb. refrigerated pizza dough
- shredded parmesan cheese (1/4 c.)

GRAINS, LEGUMES, PASTA & BULK

- raw almonds (2 c.)
- lasagna noodles (6 oz.)
- pine nuts (1 tbsp.)
- rice (about 1 c.)
- raw sunflower seeds (1 c.)

CANNED & JARRED GOODS

- salsa (1/2 c.)
- 1 (15-oz.) can black beans
- 1 (13.5-oz.) can light unsweetened coconut milk
- sun-dried tomatoes (1/2 c.)
- red curry paste (1/4 c.)
- 1 (15-oz.) can cannellini beans
- 1 (24-oz.) can whole tomatoes

EVERYTHING ELSE

- vegetable broth (4 3/4 c.)
- 1 (24-oz.) tube polenta