

Week 10

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A	Sweet potatoes, medium	2	B	Pasta (i.e. elbow or small shaped)	1 cup	-
A	Bell pepper, red	1	D	Quinoa	1/2 cup	-
D	Bell pepper, orange or yellow	1	F	Pasta (small shaped)	1 cup	-
A	Onion, red, small	1	G	Pasta (i.e. penne)	1 cup	-
Many	Garlic clove	Many				
A, D, F, I, J	Lemon, juice	1 tsp, 1 whole, 1 tsp, 1 whole + 2 Tbsp, 1 1/2 Tbsp	BAKING AISLE (Pantry Staples)			
D, F	Lemon, zest	1 whole, 1/4 tsp	Meal	Ingredient	Amount	
E	Parsley (or cilantro)	2 Tbsp	D	Sugar	pinch	
A, I	Cilantro (or parsley)	Garnish, 1 small bunch	J	Chocolate chips, dairy-free	1/3-2/3 cups	
B, F, G, I	Onion, yellow, small	1,1,1,1	J	Maple syrup or agave nectar	1/2 cup	
B, G	Mushrooms (i.e. cremini or white)	4 oz, 4 oz	J	Vanilla extract	1 1/2 tsp	
C	Potatoes, white or yellow (or prepackaged shredded potatoes)		J	Whole wheat pastry flour	2 cups	
G, H	Basil, fresh	1/2 cup, 1 cup	J	Baking soda	1 tsp	
C, F	Kale	4 leaves, 2 cups	I, J	Baking powder	1/4 tsp, 3/4 tsp	
C, E	Spinach	2 cups, 2 cups	I	Chickpea flour	1/2 cup	
D	Shallot, large	1				
D, F	Carrot, medium	1, 1	CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
D	Green onions	2	Meal	Ingredient	Amount	# 15-oz cans
H	Grape tomatoes	1 cup	A	Black beans	15-oz	1
H	Zucchini, small	1	A	Diced tomatoes	15-oz	1
E, H	Avocado, large	1, 1/2	B, I	Chickpeas	15-oz	1,1
E	Lime, juice	2 Tbsp	E	Great northern beans	15-oz	1

F	Celery, stalk	1		E	Diced green chilis	1 Tbsp	
J	Bananas, rip	2 cups		F	Cannelini beans	15-oz	1
E	Tomatoes, roma	1-2		F	Vegetable broth, low-sodium	4 cups	-
				G	Crushed tomatoes	15 oz	1
OTHER REFRIDGERATED				SOY FREE			
Meal	Ingredient	TOTAL		Meal	REMOVE	ADD	
B, G, J	Non dairy milk, unsweetened	1 cup, 1/2 cup, 1/3 cup		E, F	Bragg's liquid aminos	Coconut aminos	
I	Hummus, plain	1/3 cup					
D	Orange juice	1 Tbsp					
FROZEN				GLUTEN FREE			
Meal	Ingredient	TOTAL		Meal	REMOVE	ADD	
B, D	Peas	1 cup, 1 cup		B	Pasta (i.e. elbow or small shaped)	Gluten-free pasta	
D	Artichoke hearts	1 cup		E	Tortillas, large, wheat	Gluten-free tortillas	
				F	Bread crumbs, whole wheat	Gluten-free bread crumbs	
ETHNIC AISLE				F	Pasta (small shaped)	Gluten-free pasta	
Meal	Ingredient	Total		J	Whole wheat pastry flour	Gluten-free baking flour	
				G	Pasta (i.e. penne)	Gluten-free pasta	
CONDIMENTS & OTHER				NOTES:			
Meal	Ingredient	Amount					
B, H	Cashews, unsalted	1/4 cup, 1/4 cup					
D	Apple cider vinegar	1/4 tsp					
D	Sunflower seeds, raw	1/4 cup					
E, F	Liquid aminos (i.e.Bragg's or soy sauce, low sodium)	1 Tbsp, 1 Tbsp					
E	White balsamic vinegar	1 Tbsp					
F	Nutritional yeast	2 Tbsp					

BAKERY (Freeze Leftover Buns and Tortillas)		
Meal	Ingredient	TOTAL
E	Tortillas, large, wheat	4
F	Bread crumbs, whole wheat	1/4 cup
HERBS & SPICES		
MEAL	INGREDIENT	
A, F	Oregano, dried	
A	Paprika	
A, I	Cayenne	
Many	Salt	
Many	Fresh ground pepper	
B, E	Onion powder	
J	Cinnamon	
B	Kelp powder or granules	
D	Tarragon, dried	
D, F, G	Thyme, dried	
D, I	Dill, dried	
E	Garlic powder (the granulated kind)	
E	Smoked paprika	
F	Salt-free all-purpose seasoning blend (i.e. Mrs Dash)	
F	Basil, dried	
I	Cumin	