

Week 11

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A, D, E	Celery stalk	1,2,2	E	Barley, pearled	1 cup	-
A, F	Green onions	2, 1/2 cup	F	Brown rice	1 cup	3 cups
A, C	Lettuce	Optional, Topping	G	Soba noodles (or other pasta)	3 oz	-
A, C	Red onion, small	Optional,				
A, C, E	Tomato	Optional, 1	BAKING AISLE (Pantry Staples)			
B	Onion, yellow large	1	Meal	Ingredient	Amount	
C, D, E, F	Onion, yellow small	1, 1/2, 1, 1	H	Vanilla extract	1/2 tsp	
B	Red bell pepper	1	I	Coco powder, unsweetened	2 Tbsp	
I	Banana	1	I	Maple syrup	2 Tbsp	
B	Broccoli, large crown	1	I	Vanilla extract	1/2 tsp	
B, C, D, E, F	Garlic, cloves	4,1,1,3,2	C	Honey or maple syrup	1 tsp	
B, C	Lime, whole, juiced	1/2, 1	G	Agave nectar or maple syrup	1/2 tsp	
F	Arugula or kale or spinach	1 cup	H	Whole wheat pastry flour (or flour of choice)	2 Tbsp	
B	Spinach	Optional	CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
B	Cilantro	Optional	Meal	Ingredient	Amount	# 15-oz cans
B, C	Avocado	Optional	A, B, D	Chickpeas	15-oz, 15-oz	1,1,1
C	Lemon, juice	1/2 tsp	A	Pickle, small	1	
D, E, F	Carrots, medium	2,1,1	C	Black beans	15-oz	1
F	Sweet potato, medium	1	C, D, E, G	Vegetable broth, low-sodium	3/4 cup, 2 cups, 2 cups, 2 Tbsp	
D	Potato, medium	1	E	Red kidney beans or white beans	15-oz	1
G	Cremini mushrooms	8 oz	G	Peanut butter	1 Tbsp	
G	Ginger, fresh or ground	1 tsp				

E	Parsley, fresh	1/4 cup		I	Almond butter	1 Tbsp	
E	Bell peppers, any variety	4					
				SOY FREE			
OTHER REFRIDGERATED				Meal	REMOVE	ADD	
	Meal	Ingredient	TOTAL	B, F, G	Soy sauce, low-sodium	Coconut aminos	
D, I	Non dairy milk, unsweetened	3/4 cup, 1/2 cup					
H	Non dairy milk, vanilla or non dairy milk unsweetened	1 cup		GLUTEN FREE			
				Meal	REMOVE	ADD	
FROZEN				A	Whole grain bread slices	Gluten-free bread or tortilla	
	Meal	Ingredient	TOTAL	B, F, G	Soy sauce, low-sodium	Gluten-free tamari	
D	Cauliflower florets	2 cups		B	Tortillas, flour	Gluten-free tortillas	
G	Broccoli florets	1 1/2 cups		C	Rolls, crusty	Gluten-free tortillas	
G	Edamame, shelled & steamed or peas	1/2 cup		G	Soba noodles	Gluten-free spaghetti or angel hair	
F	Peas, green	1 cup		H	Sourdough bread	Gluten-free bread	
				E	Barley, pearled	Quinoa	
ETHNIC AISLE				NOTES:			
	Meal	Ingredient	Total				
B	Salsa	Optional					
C	Coconut milk, canned	1/2 cup					
F	Chinese 5 spice powder	1/2 tsp					
F, G	Rice vinegar	1 Tbsp, 1 tsp					
F	Chili paste or Sriracha	1 tsp					
G	Sriracha chili sauce	1/2 tsp					
CONDIMENTS & OTHER							

Meal	Ingredient	Amount
A	Vegan mayo	3 Tbsp
B, F, G	Soy sauce, low-sodium	3 Tbsp, 1 1/2 Tbsp, 1 Tbsp
C, D	Hot sauce (i.e. Frank's Hot Sauce, Original)	1/4 cup, 1/4 cup
C, H	Chia seeds (or ground flax seeds)	1 tsp, 1 1/2 tsp
E	Red wine vinegar	2 Tbsp
H	Nutritional yeast	1 1/2 Tbsp
I	Coffee, cold	1/2 cup

BAKERY (Freeze Leftover Buns and Tortillas)

Meal	Ingredient	TOTAL
A	Whole grain bread slices	4
B	Tortillas, flour	4
C	Rolls, crusty	2
H	Sourdough bread or other crusty bread of choice	1/2 loaf

HERBS & SPICES

MEAL	INGREDIENT
A	Dry mustard
Many	Salt
Many	Pepper
B, C	Chili powder
B, C	Cumin, ground
B	Smoked paprika
B	Ground coriander
B	Cayenne pepper
C	Chipotle powder
C	Garlic powder
E	Thyme, dried

E	Oregano, dried						
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