

# Week 12

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A	Lime, whole, juice	1	B	<a href="#">Pasta (i.e. linguini)</a>	6 oz	-
A	Red onion, small	1/4	E	<a href="#">Rolled or quick oats</a>	3-4 Tbsp	
A, B	Cabbage or coleslaw mix	2 cups, 2 cups	G	<a href="#">Brown rice</a>		2 cups
B, F	Mushrooms (i.e. cremini)	4 oz, 8 oz	D, H	Elbow Pasta	1 1/4 cup, 3/4 cup	
B, D, G	Celery, stalk	2, 1/4 cup, 1				
B, D	Green onions	2, 2 Tbsp	BAKING AISLE (Pantry Staples)			
C, G, H	Onion, sweet	1/2, 1/2, 1/4 cup	Meal	Ingredient	Amount	
D, C, G, H	Garlic, cloves	1, 2, 2, 1	B	<a href="#">Brown sugar</a>	1/2 tsp	
C, E	Green bell pepper	1/2, 1/2	F	<a href="#">Corn starch, or flour</a>	2 Tbsp	
C	Carrot, medium	1	G	<a href="#">White whole wheat flour or any flour</a>	2 Tbsp	
F	Potatoes, medium (i.e. Russet)	2	D	Tapioca Starch (or flour)	1/2 Tbsp	
E	Lettuce	topping	D	Brown Rice Flour	4 tsp	
E	Tomato	topping	I	Oat Flour or blended rolled oats	1 cup	
E	Avocado	topping	I	Vanilla Extract	varies	
D	Cauliflower, florets	1 1/2 cups	I	Cocoa Powder	4 Tbsp	
H	Butternut Squash	2/3 cup	CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
H	Yukon Gold Potatoes	1/2 cup	Meal	Ingredient	Amount	# 15-oz cans
H	Lemon Juice	1/2 tsp	A	<a href="#">Refried beans, fat-free</a>	15 oz	1
H	Jalapenos	12	A	<a href="#">Jalapenos, pickled</a>	2 Tbs	
I	Dates	2 cups	B	<a href="#">Chickpeas</a>	3/4 cup	
			B	<a href="#">Tahini</a>	1-3 tsp	
			C, G	<a href="#">Diced tomatoes, (i.e. fire-roasted)</a>	3/4 cup, 3/4 cup	1
OTHER REFRIDGERATED			C, D	<a href="#">Tomato paste</a>	3 oz, 1/2 Tbsp	
Meal	Ingredient	TOTAL				

A, E	Guacamole	2 oz, topping		C, E	<a href="#">Black beans</a>	3/4 cup, 3/4 cup	1
D, F	Non dairy milk, unsweetened	1/2 cup, 1/2 cup		C, G	<a href="#">Kidney beans</a>	3/4, 3/4cups	1
				G	<a href="#">Vegetable broth</a>	1 cup	
<b>FROZEN</b>				H	Roasted Red Peppers	1 Tbsp	
<b>Meal</b>	<b>Ingredient</b>	<b>TOTAL</b>		I	Coconut Oil	1/2 cup	
C	Corn	1/4 cup		I	Maple Syrup	3Tbsp	
				I	Coconut milk	1/2 can	
				I	Peanut butter	2 Tbsp	
<b>ETHNIC AISLE</b>							
<b>Meal</b>	<b>Ingredient</b>	<b>Total</b>					
B, F	<a href="#">Soy sauce, low-sodium</a>	2-4 tsp, 2 Tbsp		<b>SOY FREE</b>			
B	<a href="#">Rice vinegar</a>	1 1/2 tsp		<b>Meal</b>	<b>REMOVE</b>	<b>ADD</b>	
I	Coconut milk, canned	1/2 cup		B, F	Soy sauce, low-sodium	<a href="#">Coconut aminos</a>	
<b>CONDIMENTS &amp; OTHER</b>				<b>GLUTEN FREE</b>			
<b>Meal</b>	<b>Ingredient</b>	<b>Amount</b>		<b>Meal</b>	<b>REMOVE</b>	<b>ADD</b>	
A, E	<a href="#">Vegan mayo</a>	1/4 cup, topping		A	Whole grain bread	<a href="#">Gluten-free tortillas (2)</a>	
A, D, G	<a href="#">Hot sauce</a>	Drizzle, 1/4 cup, 1 Tbsp		B, F	Soy sauce, low-sodium	<a href="#">Gluten-free tamari</a>	
D, F	<a href="#">Nutritional yeast</a>	2 Tbsp, 2 Tbsp		E	Rolled or quick oats	<a href="#">Gluten-free oats</a>	
E	Ketchup	1 1/2 Tbsp		E	Burger buns	<a href="#">Gluten-free tortillas (2)</a>	
E	Mustard	2 tsp					
D, I	Raw Cashews	5 Tbsp, 1/2 cup		<b>NOTES:</b>			
D, H	Apple Cider Vinegar	1/2 Tbsp, 1/2 tsp					
H	Tortillas Chips	1/2 cup					
I	Peanuts	1 cup					
D	Dijon mustard	1 tsp					
<b>BAKERY (Freeze Leftover Buns and Tortillas)</b>							
<b>Meal</b>	<b>Ingredient</b>	<b>TOTAL</b>					

A	Whole grain bread, slices	4					
C	Corn tortillas	2					
E	Burger buns, whole grain	2					
<b>HERBS &amp; SPICES</b>							
<b>MEAL</b>	<b>INGREDIENT</b>						
A, C	Cumin, ground						
B, D, E, F	Garlic powder						
B, F	Ginger, ground						
Many	Salt						
Many	Ground black pepper						
B	Red pepper flakes						
C, H	Chili powder						
D, E, F	Onion powder						
D, F	Italian seasoning						
F	Nutmeg, ground						
G	Cajun seasoning						
G	Oregano						
G	Thyme						
G	Basil						
D	Turmeric						
H	Smoked Paprika						