

Week 5

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A, C, F	Avocado, whole	1/2, 1/4, 1	E	Fettuccini noodles	1/2 package	
B, E, G	Garlic cloves	2,2,2	G	Brown rice	1/3 cup	1 cup
B, C, E	Onion, sweet, small	1, 1/4, 1	I	Rolled oats	1 1/4 cups	
B	Kale or spinach	1 cup	BAKING AISLE (Pantry Staples)			
B, G	Green onions	1,2	Meal	Ingredient	Amount	
C	Cabbage or lettuce, shredded	5 oz	A	Tapioca starch/flour	2 Tbsp	
C	Tomatoes, grape or cherry	5-7	G	Maple syrup, pure	2 Tbsp	
D	Celery, stalk	1	H	White rice flour or any flour	1/2 cup	
D	Tomato, optional	Garnish	CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
D	Lettuce, optional	Garnish	Meal	Ingredient	Amount	# 15-oz cans
F	Lime, juice	1 Tbsp	B	Vegetable broth, low sodium	3 cups	
E	Lemon, juice	1 Tbsp	B	Sun-dried tomatoes	1/4 cup	
F	Sweet potatoes, large	2	B	Diced tomatoes	14.5 oz	1
F	Cilantro or parsley	1/4 cup	B, D	Chickpeas	3/4 cup, 3/4 cup	1
G	Ginger, fresh	1 tsp	C, F	Black beans	3/4 cup, 3/4 cup	1
H	Cauliflower, medium head	1	D	Pickles	Garnish	
I	Dates, Medjool	1 cup	I	Nut butter (i.e. peanut butter, sunbutter)	1/4 cup	
OTHER REFRIDGERATED			SOY FREE			
Meal	Ingredient	TOTAL	Meal	REMOVE	ADD	
A, E	Nondairy milk, unsweetened	1/2 cup, 1 cup	G	Tofu, extra firm, organic	Chickpeas	
G	Tofu, extra firm, organic	1/2 block				
A	Vegan butter	Optional				

				G	Soy sauce	Coconut aminos
FROZEN						
Meal	Ingredient	TOTAL		GLUTEN FREE		
E, G	Broccoli, florets	1 cup, 2 cups		Meal	REMOVE	ADD
				A, D	Whole grain bread	Gluten-free tortillas
ETHNIC AISLE				E	Fettuccini noodles	Gluten-free pasta
Meal	Ingredient	Total		G	Soy sauce	Gluten-free tamari or Bragg's liquid aminos
C	Salsa	Garnish				
G	Soy sauce, low sodium or liquid aminos	2 Tbsp		NOTES:		
G	Sriracha or red pepper paste	1 tsp				
CONDIMENTS & OTHER						
Meal	Ingredient	Amount				
A, E	Nutritional yeast	1 Tbsp, 1 Tbsp				
A	Apple cider vinegar	1/2 tsp				
C, D	Hot sauce (i.e. Frank's Red Hot)	optional, 3 Tbsp				
E	Cashews, raw	1/2 cup				
G	Ketchup	2 Tbsp				
H	Frank's Red Hot Buffalo wing sauce, or original Frank's Red Hot	1/2 cup				
I	Nuts (i.e. pecans, walnuts, cashews, peanuts)	1 cup				
BAKERY (Freeze Leftover Buns and Tortillas)						
Meal	Ingredient	TOTAL				
A, D	Whole grain bread slices	4,4				
C, F	Corn tortillas	4, 4				

HERBS & SPICES							
MEAL	INGREDIENT						
Many	Salt						
Many	Black pepper						
A	Dried mustard						
A, E	Red pepper flakes						
B	Thyme, dried						
B	Rosemary, dried						
D	Onion powder						
D, F, H	Garlic powder						
D	Italian seasoning						
F	Chili powder						
F	Cumin						
H	Paprika						