

Week 6

FRESH PRODUCE

Meal	Ingredient	TOTAL
A	Sweet potato, large	1
A	Thyme, fresh	1 tsp
A, C, D, E, F, G	Garlic, clove	3, 4, 1, 1, 2, 3
A	Greens	Garnish
D, I	Sweet potato, small	2, 1
D	Brussel sprouts	1 lb
B, D	Baby kale	2 cups, 3 cups
D	Apple, large	1
E	Carrot, small	1
C	Bell pepper, red	1
C	Zucchini, small	1
C	Tomato, small	1
B, C, G	Onion, sweet, small	1/2, 1, 1/2
I	Orange	1
E	Tomato	Garnish
E, F	Red onion, small	Garnish, 1/2
B	Mushrooms, white	8 oz
A, C	Lemon, juice	1 Tbsp, 1 Tbsp

OTHER REFRIDGERATED

Meal	Ingredient	TOTAL
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GRAINS,PASTA & DRY LEGUMES

Meal	Ingredient	Dry Amount	Cooked Amount
D	Quinoa	1/3 cup	1 cup
C, F	Whole Wheat Pasta	8 oz, 4 oz	
H	Rolled Oats	1/2 cup	
G	Lentils (not red)	1/2 cup	1 cup

BAKING AISLE (Pantry Staples)

Meal	Ingredient	Amount
E	Flaxseed, ground	1 tbsp
E	Flour	2 tbsp
H	Cornmeal	1 cup
H	Baking powder	1 tbsp & 1 tsp
G, H	Maple syrup	Drizzle, 2/3 cup

CANNED & JARRED GOODS (Freeze extra beans, broth and paste)

Meal	Ingredient	Amount	# 15-oz cans
A, E	Chickpeas	3/4 cup, 3/4 cup	1
D, H	Tahini	2 tbsp, 1/3 cup	
C	Kalamata Olives or black olives	1/2 c	
G, H	Pumpkin	1/2 cup	1 + 1/2 cup
E	Jalapenos	Garnish	
E	Pickles	Garnish	

A, F	Hummus, plain	1/4 cup, 1/4 cup		F, G	Vegetable broth, low-sodium	3 cups, 1/2 cup	
B, F	Nondairy milk, unsweetened	2 cups, 3 Tbsp		F	Tomato paste	1 Tbsp	
I	Vanilla Non-Dairy Milk	1 cup		F	Diced tomatoes	14 oz	1
H	Tahini	1/3 cup		F	Cannellini beans	3/4 cup	
FROZEN				SOY FREE			
Meal	Ingredient	TOTAL		Meal	REMOVE	ADD	
				B	Soy sauce	Coconut aminos	
ETHNIC AISLE				GLUTEN FREE			
Meal	Ingredient	Total		Meal	REMOVE	ADD	
				C, F	Whole wheat pasta	Gluten-free pasta	
				A	Flatbread	Gluten-free tortilla	
				E	Flour	Gluten-free flour	
CONDIMENTS & OTHER				E	Whole grain bread	Gluten-free bread or tortillas	
Meal	Ingredient	Amount		B	Soy sauce	Gluten-free tamari	
B	Soy sauce, low-sodium	2 Tbsp		G	Hamburger rolls	Gluten-free tortillas	
C	Cashews, raw	1/4 cup					
G	Ketchup	2 Tbsp		NOTES:			
B, C	Nutritional yeast	4 Tbsp, 2 Tbsp					
D	Sherry vinegar or red wine vinegar	2 tbsp					
G	Yellow mustard	1-3 tsp					
D	Dijon mustard	1/2 tsp					

A, D, H	Dried cranberries	varies, varies, 1 1/2 cup						
A, D	Toasted pumpkin seeds							
D	Toasted almonds							
I	Pecans	2 Tbsp						
E	Vegan mayo	Garnish						
BAKERY (Freeze Leftover Buns and Tortillas)								
Meal	Ingredient	TOTAL						
A	Flatbread	2						
A	Flour Tortilla	2						
E	Bread, whole grain	4 slices						
G	Hamburger rolls	2						
HERBS & SPICES								
MEAL	INGREDIENT							
A, B	Thyme, dried							
A, H	Cinnamon							
A, C, E, H	Sea salt							
A	Cayenne Pepper							
F	Bay leaf							
G	Chili powder							
A, E, G	Cumin							
A	Smoked paprika							
F	Italian seasoning							
A	Dill, dried							
D	Coarse Salt							

B, D, C, E	Black pepper							
E	Coriander							
C	Garlic Powder							
C	Onion Powder							
B, C	Sage (Rubbed Sage, preferably)							
C, F	Red Pepper flakes							
H, I	Allspice							
H	Nutmeg							