

Week 7

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A, C	Mushrooms, button or cremini	4 oz, 4 oz	B, E	brown rice	1/3 cup, 2/3 cup	1 cup, 2 cups
F	Onion, red, small	1/4 cup	C	<u>Lentils (not red)</u>	1/4 cup	1/2 cup
A, C, G	Onion, sweet, small	1,1,1	G	<u>Pasta (i.e. spaghetti)</u>	4 oz	
A, C, D	Bell pepper, any variety	1/2, 1/2, 1/2				
A	Tomato slices, optional	Garnish	BAKING AISLE (Pantry Staples)			
A	Spinach, raw or romaine	Garnish	Meal	Ingredient	Amount	
Many	Garlic, clove	Many	H, I	<u>Vegan chocolate chips</u>	1 Tbsp, 1 Tbsp	
B, E	Sweet potatoes, large, medium	2, 1	H	Cocoa powder	1 Tbsp	
B	Ginger, fresh	1/3" piece	H, I	Vanilla extract	3/4 tsp, 1/2 tsp	
B, F, G	Lemon, whole, juice	1/2, 1 tsp, 1 tsp	H	Sugar, raw	1 1/2 tsp	
B, D	Green onions	4, 3	E, F, H	Maple syrup	1 Tbsp, 2tsp, 4 tsp	
E	Kale	2 cups	D, H	Baking powder	1 1/2 tsp, 1/4 tsp	
G	Carrot, medium	1	E	Dried cranberries	1/4 cup	
G	Celery, medium	1	B	Dried apricots	1/2 cup	
G, I	Spinach, raw	1 cup, 1 cup	D, G, H	Flour (i.e. white whole wheat)	3/4 cup, 1 Tbsp, 3 Tbsp	
I	Bananas	2	D	Cornmeal	1/4 cup	
I	Mint leaves, fresh (or 1/4-1/2 tsp peppermint extract)	1/8-1/4 cup				
			CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
OTHER REFRIDGERATED			Meal	Ingredient	Amount	# 15-oz cans
Meal	Ingredient	TOTAL	A	Banana pepper rings	Garnish	
A, D, F, H, I	Nondairy milk, unsweetened	2 Tbsp, 3/4 cup, enough to thin, 2 Tbsp, 1 1/2 cups	A	Jalapeno peppers, pickled	Garnish	
F	Hummus	2 Tbsp	A	Black olives	Garnish	

B	Orange juice	1 cup		D, H	Applesauce, unsweetened	2 Tbsp, 1 Tbsp	
				D	Black beans	1/2 cup	
FROZEN				C	Marinara sauce	1 cup	
Meal	Ingredient	TOTAL		F, G	Chickpeas	3/4 cup, 3/4 cup	1
A	Broccoli	15-oz		G	Vegetable broth	3 cups	
D	Corn	1/2 cup		H	Peanut butter or sun butter	2 Tbsp	
ETHNIC AISLE				SOY FREE			
Meal	Ingredient	Total		Meal	REMOVE	ADD	
B	Soy sauce, low-sodium	2 Tbsp		B	Soy sauce, low-sodium	Coconut aminos	
D	Salsa	1/2 cup					
CONDIMENTS & OTHER				GLUTEN FREE			
Meal	Ingredient	Amount		Meal	REMOVE	ADD	
A	Cashews, raw	2 Tbsp		A	Bagels, whole grain	Gluten-free tortillas	
F	Vegan Mayo	1Tbsp		G	Pasta (i.e. spaghetti)	Gluten-free pasta	
A	Apple cider vinegar	3 Tbsp		B	Soy sauce, low-sodium	Gluten-free tamari	
B	Sesame seeds	1/2 Tbsp		D	Flour	Gluten-free flour blend	
D	Hot sauce (i.e. Frank's)	Garnish		F	Bread, slices, rustic	Gluten-free tortillas	
C	Red wine, optional	1/2 Tbsp		C	Bread crumbs	Gluten-free breadcrumbs	
E, F	Dijon mustard	2 tsp, 1/2 tsp		C	Sub rolls	Gluten-free tortillas	
C	Walnuts	1/4 cup		NOTES:			
C, E	Balsamic vinegar	1 tsp, 1 Tbsp					
E	Pecans	2 Tbsp					

BAKERY (Freeze Leftover Buns and Tortillas)							
Meal	Ingredient	TOTAL					
A	Bagels, whole grain	2					
C	Bread crumbs	1/4 cup					
C	Sub rolls	2					
F	Bread, slices, rustic	4					
HERBS & SPICES							
MEAL	INGREDIENT						
A	Italian seasoning blend						
Many	Salt						
Many	Black pepper						
C	Oregano						
C, G	Red pepper flakes						
C	Paprika						
C	Fennel seeds						
C	Nutmeg						
E	Ginger, ground						
E	Garlic powder						
F	Dill, dried						
G	Thyme						