

Week 9

FRESH PRODUCE			GRAINS & PASTA			
Meal	Ingredient	TOTAL	Meal	Ingredient	Dry Amount	Cooked Amount
A	Lettuce, romaine	2 cups	E	Pasta, small shaped	1/4 cup	
A	Bell pepper, any variety	1	E	Pasta shells, jumbo	10	
A	Red onion, small	1				
A	Tomato, medium	1				
B	Potatoes, yellow or white (small-medium)	1				
B	Potato, Yukon gold, large	1				
B	Carrot, medium	1				
B, C, G	Lemon, juice	2 tsp, 2 tsp, 2 tsp				
B, C, E	Garlic clove	3,3,2				
B, C, E	Onion, sweet, small	1, 1, 1/2				
B, D, E	Celery, stalk	2,2,1				
B	Broccoli florets	3 cups				
B	Parsley	Garnish				
C	Portobello mushrooms	3				
C	Bell pepper, red	1				
C	Spinach or arugla/spinach mix	2 cups				
OTHER REFRIDGERATED			BAKING AISLE (Pantry Staples)			
Meal	Ingredient	TOTAL	Meal	Ingredient	Amount	
B, C	Miso paste, white or yellow	1 1/2 tsp, 1 tsp	C	Tapioca starch or flour or cornstarch	3 Tbsp	
G	Tofu, extra firm, organic	1/2 package	H	Maple syrup or agave	1 Tbsp	
F	Guacamole or avocado	4 oz	I	Maple syrup or honey	1/4 cup	
C, H, I	Nondairy milk, unsweetened	1/2 cup, 1 Tbsp, 1 Tbsp	I	Chocolate chips, nondairy	1/2 cup	
			I	Medjool dates	10-12	
			H	Pure pumpkin, canned	2 Tbsp	
			I	Pure vanilla extract	1 tsp	
			H	Brown sugar	1 Tbsp	
			H	Baking powder	1/4 tsp	
			D	Cranberries, dried	2 Tbsp	
			H	White whole wheat flour	3 Tbsp	
OTHER REFRIDGERATED			CANNED & JARRED GOODS (Freeze extra beans, broth and paste)			
Meal	Ingredient	TOTAL	Meal	Ingredient	Amount	# 15-oz cans
B, E	Vegetable broth	1 1/2 cups, 2 cups	B, E	Vegetable broth	1 1/2 cups, 2 cups	
D	Cannellini beans	1 1/2 cups	D	Cannellini beans	1 1/2 cups	1
E, G	Marinara sauce	1 1/2 cups, 2 cups	E, G	Marinara sauce	1 1/2 cups, 2 cups	
E	Diced tomatoes	3/4 cup	E	Diced tomatoes	3/4 cup	

				E	Red kidney beans	3/4 cup	
FROZEN				E, F	Chickpeas	3/4 cup, 3/4 cup	1
Meal	Ingredient	TOTAL		F	Refried beans, vegetarian/fat-free	3/4 cup	
				I	Peanut butter or sunflower butter	2 Tbsp	
				SOY FREE			
ETHNIC AISLE				Meal	REMOVE	ADD	
Meal	Ingredient	Total		A	Soy sauce, low-sodium	Coconut aminos	
F	Salsa	1/2 cup		B, C	Miso paste, white or yellow	Chickpea miso	
				GLUTEN FREE			
CONDIMENTS & OTHER				Meal	REMOVE	ADD	
Meal	Ingredient	Amount		A	Soy sauce, low-sodium	Gluten-free tamari	
A	Walnuts	1 cup		C	Kaiser or hoagie rolls	Gluten-free tortilla	
A	Soy sauce, low-sodium or liquid aminos	1 Tbsp		D, F	Tortillas, flour	Gluten-free tortilla or lettuce wrap	
B, C, D, G	Nutritional yeast	2 Tbsp, 1 tsp, 1Tbsp		H	White whole wheat flour	Gluten-free all purpose baking flour blend	
B	Vinegar	1/4 tsp		E	Pasta	Gluten-free pasta	
I	Crispy rice cereal	1 1/4 cup		E	Pasta shell, jumbo	Gluten-free pasta shell, grand	
C	Dijon mustard	1 1/2 tsp					
C	Cashews, raw	1/4 cup					
D	Vegan mayo or plain nondairy yogurt	3 Tbsp		NOTES:			
E	Hot sauce, optional	2 Tbsp					
BAKERY (Freeze Leftover Buns and Tortillas)							
Meal	Ingredient	TOTAL					
C	Kaiser or hoagie rolls	2					

D, F	Tortillas, flour (burrito size)	2,2					
HERBS & SPICES							
MEAL	INGREDIENT						
Many	Salt						
Many	Pepper						
A, C, D, G	Garlic powder						
A	Cumin						
A, C	Chili powder						
A, C	Paprika						
B	Cayenne pepper						
B	Smoked paprika						
C	Peppercorns						
C, D, G	Onion powder						
C	Red chili flakes						
C	Thyme						
D	Curry Powder						
E, G	Parsley, dried						
F	Taco seasoning						
G	Italian seasoning						
H	Pumpkin pie spice						
H	Cinnamon						