

MENU AND SHOPPING LIST

WEEKNIGHT MEALS

PORTOBELLO PIZZAS
WITH ROASTED BROCCOLI

ONE POT CAULIFLOWER
MAC & CHEESE

EVERYTHING SPICE
CHICKEN NUGGETS
WITH ROASTED GREEN BEANS
AND SWEET POTATOES

CHICKEN POT PIE
WITH HERBED CROUTONS

TACO NIGHT!
WITH ALL THE TOPPINGS

WEEKEND MEALS

ZA'ATAR LEMON ROAST
CHICKEN
WITH CARROTS AND QUINOA

SLOW COOKER
LEMON LAMB STEW

BREAKFASTS & LUNCHES

Amounts of ingredients may vary depending on your daily breakfast and lunch choices. Please check the recipes and add any missing ingredients to this list.

PRODUCE

- 4 large sweet potatoes
- 1 red bell pepper
- 2 Spanish onions
- 1 pint grape tomatoes
- 8 large Portobello mushroom caps
- 1 bunch of scallions
- 3 bulbs of garlic
- 2 ½ lbs. green beans
- 2 lbs. broccoli florets
- 2 bunches flat-leaf parsley
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 small head of red cabbage
- 3 ½ lbs. of carrots
- 2 limes
- ½ lb. mushrooms
- 1 head of cauliflower
- 2 red onions
- 6 lemons
- 1 tomato
- 1 avocado

DAIRY

- 1 dz. eggs
- 8 oz. mozzarella cheese
- 4 oz. Parmesan cheese
- 2 oz. butter

FROZEN

- 4 cups frozen vegetables (see pot pie recipe for details)
- 8 oz. whole kernel corn
- 10 oz. chopped spinach

MEAT

- 8 boneless, skinless chicken breasts
- 1 lb. ground turkey
- 1 whole chicken
- 1 lb. lamb stew meat

PANTRY

- 12 oz. whole wheat pasta
- 1 loaf of whole wheat bread
- 3 oz. tomato paste
- 12 corn tortillas
- 1 package of whole wheat pita
- 1 can pumpkin puree
- 24 oz. can diced tomatoes
- 2 ½ cups black quinoa
- 32 oz. chicken broth
- 1 cup brown rice
- 3 cans chickpeas
- 1 can black beans
- 1 small bag of oat flour (or make your own)
- 2 oz. tahini

SPICES (you may already have some of these)

- ground cumin
- za'atar
- chili powder
- dried thyme
- 8 oz. "everything but the bagel seasoning (or make your own)
- ground nutmeg
- crushed red pepper

OTHER

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