



Produce (meal no.)

- 1 bag baby arugula, 5 oz. (12)
- 1 bag mixed greens, about 5 oz. (4, 18, 28)
- 1 bag baby spinach, about 5 oz. (4, 18)
- 1 banana pepper (8)
- 1 head cauliflower (12)
- 2-3 medium portobello mushrooms (20)
- mushrooms, 1 lb. (28)
- 1 red onion (20)
- 5 yellow onions (4, 28, 8)
- 1 large bunch scallions (12, 20)
- 2 medium zucchinis (20)
- 1 cucumber (18)
- 1 avocado (18)
- 1 plum tomatoes (18)
- 1 white potato (8)
- blackberries, about 4 cups (1, 9, 17, 25)
- 1 pint blueberries (10)
- 4 apples (11)
- 4 lemons (12, 28)
- carrots, 1 1/2 lbs. (8, 12, 18)
- 1 bunch dill or tarragon (28)
- 1 bunch fresh rosemary (4)
- garlic cloves, 3 (4, 8)

Pantry (meal no.)

- 2 cans (15 oz. each) chickpeas (8, 12)
- 1 can (15 oz.) black beans (20)
- dried white cannellini beans, 1 lb. (4)
- chopped pecans, 2/3 cups (1, 9, 17, 25)
- 1 jar nut butter (peanut or almond, etc.) (11, 19)
- old-fashioned rolled oats, 2 cups (5, 13)
- quinoa, 2 cups (1, 9, 17, 25)
- whole-wheat couscous, 1 cup (12)
- short pasta, like a farfalle, 8 oz. (28)
- vanilla extract* (5, 13)
- cinnamon* (5, 13, 1, 9, 17, 25)
- red pepper flakes* (8)
- ground cumin* (8, 12)
- mild (sweet) paprika (28)
- dried oregano* (20)
- bay leaf* (4)
- cayenne pepper* (8)
- flour* (28)
- agave nectar* (1, 9, 17, 25)
- nondairy milk, 2 cups (1, 9, 17, 25)
- extra virgin olive oil * (4, 8, 12, 20)
- vegetable oil* (28)
- vegetable stock, 2 quarts + 2/3 cup (4, 28)
- white wine or sherry, 1/3 cup (28)
- 1 pkg. whole wheat burrito tortillas, about 8 (8)
- 1 loaf focaccia (4)

Cold Case (meal no.)

- Earth Balance or other vegan butter* (28)
- fresh salsa (20)
- hummus, medium size tub (7, 15, 18)
- toffuti or other vegan sour cream, 1/2 cup (28)
- 1 carton firm tofu (28)

Frozen (meal no.)

* Pantry staple