



### ***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***