

MONDAY



*Black Bean & Quinoa Freezer Burritos*

TUESDAY



*Honey Balsamic Roasted Vegetable Lentil Salad*

WEDNESDAY



*Southwest Egg Scramble*

THURSDAY



*Creamy Wild Rice & Mushroom Soup*

FRIDAY



*Walnut Chickpea Burgers*



SHOPPING LIST

THINGS YOU PROBABLY HAVE ON HAND

- Olive oil (about 1/4 cup)
- Maple syrup (1 tablespoon)
- Chili powder (1 teaspoon)
- Dried thyme (1 teaspoon)
- Balsamic vinegar (1 1/2 tablespoons)
- Smoked paprika (about 2 teaspoons)
- Canola oil (2 tablespoons)
- Honey (1 1/2 tablespoons)
- Paprika (about 1 teaspoon)
- Salt
- Pepper
- Red wine vinegar (1 tablespoon)
- Cayenne pepper (1/4 teaspoon)
- All-purpose flour (1/4 cup)
- Soy sauce (1 tablespoon)
- Ground cumin (1 tablespoon)

FRESH PRODUCE

- 4 yellow onions
- 2 large tomatoes
- 1 bulb garlic
- 1 shallot
- 1 bunch green leaf lettuce
- 2 (8 ounce) packages baby bella mushrooms
- 3 red bell peppers
- 1 bunch parsley
- 1 bunch celery
- 1 small red onion
- 1 zucchini
- 1 green bell pepper
- 1 bunch cilantro
- 2 carrots
- 2 jalapeno peppers

DAIRY & OTHER REFRIGERATED ITEMS

- Shredded jalapeno cheese (1 cup)
- Crumbled feta cheese (about 1/4 cup)
- Reduced fat sour cream
- (3/4 cup) 6 large eggs

CANNED & JARRED GOODS

- 2 (14 ounce) cans black beans
- Horseradish mustard (1/4 cup)
- Vegan Worcestershire sauce (2 tablespoons)
- 1 (14 ounce) can chickpeas
- Vegetable broth (4 cups)

GRAINS, LEGUMES, PASTA & BULK

- Shelled walnuts (about 1 1/2 cups)
- Quick cooking wild rice (1 cup)
- Dried green lentils (1 cup)
- Ground flaxseed (1 tablespoon)
- Panko breadcrumbs (1 cup)
- Quinoa (1/2 cup)

FROZEN

- Frozen corn (2 cups)

EVERYTHING ELSE

- White wine (1/3 cup)
- 6 large whole wheat tortillas
- 6 burger buns

# Vegetable Menus

**RC Schank**



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