

YOUR COOK-ONCE SHOPPING LIST

PROTEINS & DAIRY ALTERNATIVES

- 10 oz organic tempeh
- 1 12-oz container full-fat plain or coconut yogurt

VEGGIES & FRUITS

- 1 red cabbage
- 3 large carrots, plus additional if desired
- 1 large cucumber
- 1 head garlic
- 1 11-inch piece fresh ginger
- 1 lemon
- 1 small yellow onion
- 1 bunch green onions
- 1 bunch spring onions (or substitute with green)
- 1 pineapple
- 1 pint strawberries
- 8 oz shiitake mushrooms
- 1 bunch spinach
- 11 oz bean sprouts
- 1 bunch parsley
- Blueberries or other berries of your choice, optional
- 1 banana, optional
- 1 tomato, optional
- Seasonal assorted vegetables of your choice, optional
- 1 small bunch bok choy, optional
- Sweet peas, optional
- Green beans, optional
- 1 small bunch cilantro, optional

WHOLE GRAINS

- 1 pkg whole-grain couscous
- 1 bag brown rice
- 1 bag Kamut flour
- 1 bag whole spelt flour
- 1 bag granola, optional
- 1 pkg egg noodles, optional
- 1 whole-grain wrap, optional
- 1 box whole-grain or vegetable pasta, optional

NUTS, SEEDS & OILS

- 1 jar coconut oil
- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 bottle sesame oil
- 1 bag ground flaxseeds
- 1 bag sesame seeds
- 1 bag hemp seeds, optional
- 3 oz blanched unsalted almonds
- 3 oz raw unsalted cashews, optional, plus additional if desired
- 1 jar natural no-salt-added almond butter, optional

EXTRAS

- 1 bottle apple cider vinegar
- 1 container baking soda
- 1 container baking powder
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle pure maple syrup
- 1 bottle pure vanilla extract, optional
- 1 jar raw honey
- 1 jar all-fruit unsweetened strawberry jam

- 5 15-oz BPA-free cans chickpeas or 6 cups cooked
- 1 bottle hot sauce of your choice
- 1 bottle reduced-sodium soy sauce
- 1 bottle rice vinegar
- 1 jar tahini paste
- 1 container tapioca starch
- 1 bottle ground cardamom
- 1 bottle cayenne pepper
- 1 bottle allspice
- 1 bottle Chinese five-spice powder
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle ground nutmeg
- 1 bottle ground onion powder
- 1 bottle sweet paprika
- 1 bottle ground cumin
- 1 bottle ground cloves
- 1 bottle ground fenugreek
- 1 bottle ground ginger
- 1 bottle ground turmeric
- 1 13.5-oz BPA-free can full-fat coconut milk
- 1 jar gochujang paste
- 1/3 oz roasted seaweed sheets
- 1 bottle nutritional yeast
- 1 bag frozen mango
- 1 bag unsweetened shredded coconut, optional
- 1 bag frozen red sour cherries
- 1 bag dried apricots, optional
- 1 jar roasted red peppers, optional

ON THE MENU THIS WEEK

BREAKFAST

Mango Turmeric Lassi Smoothie

Mango Turmeric Lassi Smoothie
over granola and topped with berries

Mango Turmeric Lassi Smoothie Bowl
with blueberries, hemp seeds, toasted cashews and shredded coconut

Strawberry Shortcake Biscuits

Strawberry Shortcake Biscuit Breakfast Sandwich
with almond butter, sliced strawberries and bananas

LUNCH

Bibimbap Bowl

Bibimbap Burrito

Berbere Chickpeas
with dried apricots, roasted red peppers, carrots, and tomatoes in a whole-grain or collard green wrap

Sweet & Sour Chickpea Balls
served over egg noodles

Sweet & Sour Chickpea Balls
over a carrot, cabbage, bok choy and sweet pea slaw with a sesame vinaigrette

DINNER

Bibimbap Bowl

Berbere Chickpeas
over couscous and steamed green beans topped with a yogurt tahini sauce and fresh cilantro

Sweet & Sour Chickpea Balls

Spring Onion Pesto
over whole-grain or raw vegetable pasta

SNACKS

Mango Turmeric Lassi Smoothie

Mango Turmeric Lassi Smoothie Chia Pudding

Strawberry Shortcake Biscuits

Berbere Chickpeas

Spring Onion Pesto with Kamut Flatbread

Spring Onion Pesto with seasonal veggies

PREP SUNDAY

MANGO TURMERIC LASSI SMOOTHIE – will last until Thursday in the refrigerator or up to 3 months in the freezer

STRAWBERRY SHORTCAKE BISCUITS – will last until Thursday in the refrigerator or up to 2 months in the freezer

BIBIMBAP BOWL – will last until Thursday in the refrigerator

BERBERE CHICKPEAS – will last until Saturday if kept in a cool, dry place in a resealable bag

SWEET & SOUR CHICKPEA BALLS – will last until Thursday in the refrigerator or up to 3 months in the freezer

SPRING ONION PESTO WITH KAMUT FLATBREAD – will last until Thursday in the refrigerator and pesto up to 3 months in the freezer