DAILY MENU & SHOPPING LIST

Day 1 - Grandé Gorditas
Day 2 - Veggie Chili
Day 3 - Spaghetti
Day 4 - Falafel & Tabouli
Day 5 - Chili Casser-Olé
Day 6 - Falafel Salad

PRODUCE
4 onions
2 heads lettuce
2 jalapeños
1 bunch parsley
2 cucumbers
2 tomatoes
2 bunches green onions
2 carrots
1 lemon
3 sticks celery
1 head garlic
1 large apple

BULK
½ cup salsa
2 Tbsp mayonnaise
¾ cup sliced black olives
3 cups frozen corn
1 tsp Yakima Smoked Salt
8 oz spaghetti noodles
1 cup quinoa
2 cups tortilla chips
2/3 cup cornmeal
2 Tbsp flour
1 cup olive oil
¼ cup honey
1 Tbsp Italian seasoning
2 Tbsp paprika
1 Tbsp basil
2 bay leaves
1 tsp parsley
2 tsp oregano
4 tsp ground cumin
½ tsp chipotle powder
1½ tsp baking powder
2 Tbsp balsamic vinegar
11/8 tsp chili powder
1½ tsp veggie broth powder
1 tsp ground coriander
4 tsp sea salt
½ tsp black pepper
½ tsp garlic salt

GROCERY
1-15 oz can black beans
1-15 oz can garbanzo beans
1-14.5 oz can Fire Roasted Tomatoes
1-28 oz can Fire Roasted Tomatoes
1-28 oz can Chunky Tomato Sauce
2 pkgs (12 ea.) pita bread rounds
1 pkg Beyond Beef crumbles
1 bottle salad dressing

MEAT
1lb ground beef
2 dinner rolls (from hot bar)

DAIRY & CHEESE
1lb butter
1 pt sour cream
1 egg
1 pt milk
¼ cup grated Parmesan
¼ lb cheddar cheese

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