



WEEKLY MENU # 556

guest menu by
cadry nelson of cadry's kitchen

this week
for dinner™

- MONDAY [3-bean chili](#)
- TUESDAY [artichoke pesto pasta with roasted chickpeas](#)
- WEDNESDAY [bulgogi tofu bowls](#)
- THURSDAY [taco pizza](#)
- FRIDAY [double hummus wraps with israeli couscous salad](#)
- SATURDAY [taco salad with spicy black beans](#)
- SUNDAY [mini vegetable pot pies](#)

INGREDIENT LIST

grocery store:

- onions
- vegan pappardelle pasta
- fresh basil
- 6 jarred artichoke hearts
- shelled pepitas
- lemons
- miso paste
- yeast flakes
- tamari
- gochujang
- super firm tofu
- baby spinach
- kimchi
- vicolo cornmeal crust
- limes
- green leaf lettuce
- pico de gallo chips
- tomatoes
- green onions
- fresh cilantro
- tahini
- whole wheat tortillas
- romaine lettuce
- turnip pickles
- israeli couscous
- cucumber
- marinated artichoke
- hearts
- castelvetroano olives
- red bell pepper
- avocado
- non-dairy butter
- raw cashews
- celery
- carrots
- russet potato
- green peas
- brussels sprouts
- red delicious apple
- pistachio halves & pieces

at home:

- salt & pepper
- olive oil
- fresh garlic cloves
- can fire-roasted diced tomatoes
- can great northern beans
- can pinto beans
- 4 cans black beans
- ancho chili powder
- paprika
- cumin
- hot sauce
- yellow mustard
- 3 cans chickpeas
- agave syrup
- brown rice vinegar
- sesame oil
- granulated onion
- ginger powder
- brown rice
- marinara sauce
- oregano
- coriander
- balsamic vinegar
- flour
- dried rosemary
- white wine vinegar
- veg. bouillon cube