WEEKLY MENU # 556

guest menu by cadry nelson of cadry’s kitchen

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

at home:
- whole wheat tortillas
- romaine lettuce
- turnip pickles
- israeli couscous
- cucumber
- marinated artichoke hearts
- castelvetrano olives
- red bell pepper
- avocado
- non-dairy butter
- raw cashews
- celery
- carrots
- russet potato
- green peas
- brussels sprouts
- red delicious apple
- pistachio halves & pieces
- brown rice
- marinara sauce
- oregano
- coriander
- balsamic vinegar
- flour
- dried rosemary
- white wine vinegar
- veg. bouillon cube
- 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

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