

MEAL PLAN & GROCERY LIST

Monday: *Minestrone (Serves 6)*

Tuesday: *Creamy Lentils with Roasted Veggies*

Wednesday: *Brussels Sprouts Pasta with Lemon and Walnuts*

Thursday: *Onion Soup with Kale and Chickpeas*

Friday: *Cauliflower & Corn Tacos*

Weekend Suggestion: *Baked Potatoes 3 Ways (NOT included in grocery list)*

Fresh Produce

- 1 medium head of cauliflower (1 kg)
- 1 kg Brussels sprouts
- 300 g green curly kale
- 1 small rutabaga (400 g)
- 3 medium carrots (300 g)
- 1 1/2 kg mixed root vegetables (potatoes, carrots, parsnips, rutabaga etc.)
- 5 ears of corn or 450 g frozen
- 10 medium yellow onions (1 1/2 kg)
- 1 head of garlic (10 cloves)
- 2 lemons

Dry and Canned Goods

- 500 g pasta, such as fusili
- 8 medium-sized tortilla breads
- 2 dl green lentils (160 g)
- 3 dl black lentils (270 g)
- 5 dl small white beans, cooked (375 g) or 2 dl dried
- 5 dl black beans, cooked (375 g) or 2 dl dried
- 6 dl chickpeas, cooked (460 g) or 2 1/2 dl dried
- 780 g crushed tomatoes
- 2 tbsp tomato paste
- 3 tsp chipotle paste
- 1 tsp maple syrup
- 1 dl walnuts

Refrigerated

- 2 1/2 dl crème fraîche of your choice
- 2 dl yogurt of your choice

Pantry Items

- Salt
- Black pepper
- Olive oil
- Canola oil
- Sugar (1 tsp)
- All purpose flour (1 tbsp)
- Apple cider vinegar (2 tbsp)
- Balsamic vinegar (1 tbsp + 1 tsp)
- Soy sauce (1 tbsp)
- Yellow mustard (1 1/2 tbsp)
- Red pepper flakes (pinch)
- Dried rosemary (1 tbsp + 1 tsp)
- Dried thyme (1 tbsp + 1 tsp)
- Dried oregano (1 tsp)
- Chili powder (1/2 tsp)
- Bay leaves (2)
- Bouillon powder (3 1/2 tbsp or 3 1/2 cubes)