Shopping List by Recipe: September Week #2

Recipe #1: Zucchini Frittata	Recipe #2: Pan roasted Cauliflower and Pesto, with Quinoa
Recipe #3: Luscious Lentil Soup 1 potato 1 bag lentils 2 carrots 1 onion 2 stalks celery 0.5 bag quick cooking barley 2 Tbsp. Olive Oil garlic bread to serve with soup	Recipe #4: One Pot Quinoa and Veggie Stew
Recipe #5: Baked Falafel 1 can chickpeas 1 red onion 3 cloves garlic fresh parsley coriander (optional) cumin all-purpose flour salt / pepper baking powder (only if baking) olive oil or vegetable oil (only if baking)	Recipe #5 Continued:

Entire Shopping List: September Week #2

Produce	Grains & Legumes
 2 zucchini (#1) salad greens (#1) lemon juice (#1, #2) head cauliflower (#1, #4) 2 potato (#3, #4) 4 carrots (#3, #4) 2 onion (#3, #4) 2 stalks celery (#3) garlic (#3, #4, #5) 1 bag spinach (#4) 1 red onion (#5) tomato (#5) 	 quinoa (#1) 1 bag lentils (#3) quick cooking barley (#3) artisan bread (#3, #4) all-purpose flour (#5) baking powder (#5) pita (#5)
Dairy	Canned Goods
 4 eggs (#1) grated parmesan cheese (#1, #2) 	 vegetable broth (#4) 1 can crushed tomatoes (#4)
Frozen Goods	Miscellaneous
	 jar of pesto (#1) olive oil, or other neutral oil (#1, #3, #4, #5) coriander (optional) (#5) cumin (#5) pickles (cucumber or pickled turnips) tahini &/or hummus (#5) salt /pepper