

Shopping List by Recipe: September Week #2

Recipe #1: Zucchini Frittata • 2 zucchini • 4 eggs • grated parmesan cheese • spinach, or other salad greens • lemon juice	Recipe #2: Pan roasted Cauliflower and Pesto, with Quinoa • quinoa • head cauliflower • jar of pesto • lemon juice • Parmesan cheeses
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 • 1 onion • 2 carrots • cauliflower • garlic • chili powder • quinoa • vegetable broth • 1 can crushed tomatoes • 1 potato • 1 bag spinach • bread to serve with 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: • Pita • pickles (cucumber or pickled turnips) • tahini &/or hummus • tomato

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