



DAVIS FOOD CO-OP  
TEACHING KITCHEN

# MEAL PREP: LUNCH & DINNER FOR THE WEEK SHOPPING LIST

Instructor: Christine Ciganovich

## PRODUCE

- 1 medium sweet potato
- 16 oz cremini mushrooms
- 9 bell peppers (2 red, 1 green, the rest are up to you!)
- 2 small or 1 large red onion
- 5 oz baby kale, spinach, or arugula
- Head of garlic
- Lime
- Small bunch cilantro
- 2 avocados
- 1 medium head of broccoli

## PROTEIN

- ½ pound ground turkey
- 15 oz can chickpeas
- 15 oz can black beans
- 8 oz tempeh
- 1 pound chicken sausage

## GRAINS, NUTS, & SEEDS

- 1 cup quinoa
- 2 tbsp pumpkin seeds
- 1 ¼ cups brown rice
- Small jar sesame seeds

## GROCERY

- 2 tbsp dijon mustard
- 15 oz can diced tomatoes
- ¼ cup tamari (or soy sauce)
- 3 tbsp maple syrup or honey
- ½ tsp arrowroot or cornstarch
- 1 jar of your favorite marinara sauce
- Olive oil
- ¼ cup balsamic vinegar

- ½ packet taco seasoning (or cumin, smoked paprika, chile powder, salt, and pepper)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar

## DAIRY

- 1 cup ricotta cheese

## FROZEN

- 10 oz frozen spinach

## OPTIONAL

- ¼ cup goat cheese
- Salsa
- ½ cup shredded Mexican cheese
- 1 green onion
- Red pepper flakes
- 1 cup mozzarella cheese



DAVIS FOOD CO-OP  
TEACHING KITCHEN