

Food WITH feeling

Meal Plan #20



Summery Tofu Marinades



Cheesy Butternut Squash Orzo



Easy Vegan Crunchwrap



Vegan Crockpot Chili



Loaded Veggie Tikka Masala

food with feeling

Grocery List

Pantry

- | | |
|---|--------------|
| ☐ Olive oil | 5 tbsp |
| ☐ Lime juice | 0.25 cups |
| ☐ Fine sea salt | 1.25 tsp |
| ☐ Honey or maple syrup | 1 tbsp |
| ☐ Brown sugar | 1 tbsp |
| ☐ Salt | 3 tsp |
| ☐ White rice vinegar | 0.5 tbsp |
| ☐ Olive Oil | 2 tbsp |
| ☐ Orzo pasta | 1 pound |
| ☐ Vegetable Broth | 3 cups |
| ☐ Tomato Sauce | 30 ounces |
| ☐ Diced Tomatoes | 15 ounces |
| ☐ Kidney Beans | 15 ounces |
| ☐ Great Northern Beans | 15 ounces |
| ☐ Black Beans | 15 ounces |
| ☐ Baking Cocoa | 1 tablespoon |
| ☐ Canned Plum Tomatoes | 400 g |
| ☐ Chickpeas | 1 15 oz can |

Produce

- | | |
|---|-----------|
| ☐ Garlic | 10 cloves |
| ☐ Cilantro | 13 tbsp |
| ☐ Fresh dill, dried also works | 1 tbsp |
| ☐ Butternut squash | 1 pound |
| ☐ Sweet onion | 1 small |
| ☐ Broccoli | 1 head |
| ☐ Onion | 1 count |
| ☐ Green Bell Pepper | 1 count |
| ☐ Large Yellow Onion | 0.5 count |
| ☐ Ginger | 1 inch |
| ☐ Fresh Cilantro | 10 sprigs |
| ☐ Cauliflower | 0.5 head |
| ☐ Carrots | 3 large |

Spices & Seasonings

- ☐ Ground black pepper 0.75 tsp
- ☐ Ground paprika 1.5 tsp
- ☐ Cayenne pepper 1.625 tbsp
- ☐ Chili powder 1 tsp
- ☐ Paprika 1.5 tsp
- ☐ Garlic powder 0.5 tsp
- ☐ Taco seasoning 1 packet
- ☐ Oregano 0.5 tsp
- ☐ Cayenne Pepper 0.125 tsp
- ☐ Cumin 0.5 tsp
- ☐ Turmeric 0.5 tsp
- ☐ Ground Cinnamon 0.25 tsp
- ☐ Garam Masala 1.5 tsp

Dairy & Eggs

- ☐ Grated parmesan cheese 1 cup
- ☐ Shredded cheese 0.75 cups
- ☐ Queso 0.5 cups
- ☐ Vegan Yogurt 5 oz
- ☐ Full Fat Coconut Cream or Milk 15 oz

Meat & Seafood

- ☐ Extra-firm or super-firm tofu 1 block
- ☐ Impossible meat 1 pound

Bakery

- ☐ Flour tortillas 4 count
- ☐ Tostada shells 4 count

Frozen Foods

- ☐ Frozen Corn 1 cup
- ☐ Frozen Peas 1 cup

Other

- ☐ Vegetable broth 8 cups

Shop ingredients on 

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