

Food with feeling

Meal Plan #22



Lentil Chili



Peanut Sauce Tofu



Pumpkin Curry



Pesto Gnocchi



Mushrooms Bourguignon

food with feeling

Grocery List

Pantry

☐ Extra Virgin Olive Oil	0.333 cups
☐ Olive oil	4 tbsp
☐ Lentils	1 cup
☐ Tomato sauce	15 ounces
☐ Diced tomatoes	15 ounces
☐ Kidney beans	15 ounces
☐ Black beans	15 ounces
☐ Baking cocoa	1 tbsp
☐ Peanut butter	0.5 cups
☐ Soy sauce	3 tbsp
☐ Maple syrup	1 tsp
☐ Lime juice	1 tbsp
☐ Coconut oil	1 tbsp
☐ Almond butter	2 tbsp
☐ Tomato Paste	1 tbsp

Spices & Seasonings

☐ Black pepper	1.5 tsp
☐ Salt	1.5 tsp
☐ Chili powder	0.5 tsp
☐ Oregano	1.5 tsp
☐ Cayenne pepper	0.125 tsp
☐ Curry powder	1 tsp
☐ Sea Salt	1 count
☐ Black Pepper	1 count

Produce

☐ Onion	2 medium
☐ Garlic	9 cloves
☐ Fresh ginger	0.5 inch
☐ Bell pepper	1 each
☐ Broccoli	1 cup
☐ Cabbage	1 cup
☐ Pie Pumpkin	2 pounds
☐ Cauliflower florets	2 cups
☐ Carrots	3 large

Other

☐ Vegetable broth	3.75 cups
☐ Chopped green onion	1 each
☐ Sesame seeds	1 each
☐ Broth	1 cup
☐ Vegetable Broth	0.75 cups

Dairy & Eggs

- ☐ Milk 0.5 cups
- ☐ Lite Coconut milk 15 ounces

Meat & Seafood

- ☐ Firm or extra-firm Tofu 15 ounces

Alcohol

- ☐ Dry Red Wine 0.75 cups

Shop ingredients on 

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