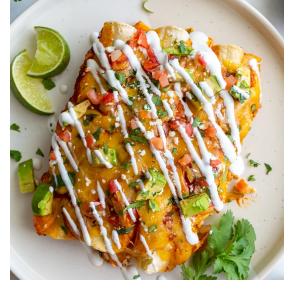


Food with feeling

Meal Plan #23



Ricotta Pasta Recipe (Easy, Creamy
& Ready in 20 Minutes)



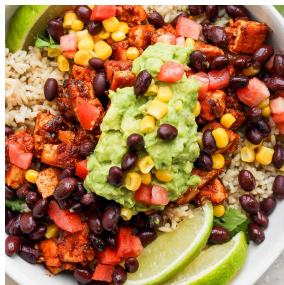
Vegetarian Enchiladas



White Chickpea Chili



Easy Chickpea Gyro



Copycat Chipotle Sofritas Recipe

food WITH feeling

Grocery List

Produce

☐ Garlic	14 cloves
☐ Lemon	1 large
☐ Fresh herbs, basil, parsley, or chives	0.33 cups
☐ Spinach	2 cups
☐ Bell pepper	1 count
☐ Yellow onion	0.5 count
☐ Jalapeño	2 count
☐ Fresh or canned corn	0.75 cups
☐ Corn tortillas	8 count
☐ Avocado	0.5 count
☐ Cilantro	1.5 bunch
☐ White onion	1 medium
☐ Jalapeno	1 medium
☐ Cherry tomatoes	6 count
☐ Red onion	1 handful
☐ Cucumber	12 slices
☐ Dill	1 count
☐ Lettuce	1 count
☐ Onion	0.5 cups

Spices & Seasonings

☐ Black pepper	2.25 count
☐ Cumin	2 tsp
☐ Chili powder	0.75 tsp
☐ Dried oregano	0.5 tsp
☐ Ground black pepper	0.25 tsp
☐ Oregano	1.5 teaspoons
☐ Cayenne	0.25 teaspoon
☐ Paprika	1 tsp
☐ Garlic powder	0.25 tsp
☐ Pepper	1 count
☐ Chipotle Peppers in Adobo Sauce	2 count
☐ Cumin	1 tsp
☐ Chili Powder	0.5 tsp
☐ Smoked Paprika	0.5 tsp

Pantry

- ☐ Pasta of choice 1 pounds
- ☐ Olive oil 5 tbsp
- ☐ Salt 2.25 tsp
- ☐ Refried beans or black beans 16 ounces
- ☐ Enchilada sauce 10 ounces
- ☐ Green chiles 1 can
- ☐ Chickpeas 16 ounces
- ☐ Olive oil 5 tbsp
- ☐ Fine sea salt 0.75 tsp
- ☐ Adobo Sauce 2 tbsp
- ☐ Fine Sea Salt 0.5 tsp
- ☐ Apple Cider Vinegar 1 tbsp

Other

- ☐ Reserved pasta cooking water 1 cups
- ☐ Tzatziki sauce 2 tbsp
- ☐ Broth 0.5 cups
- ☐ Tomato Paste 2 tbsp
- ☐ Maple Syrup 1 tbsp

Dairy & Eggs

- ☐ Whole milk ricotta cheese 1.5 cups
- ☐ Parmesan cheese 0.75 cups
- ☐ Cheese 1.5 cups
- ☐ Sour cream 1.5 cup
- ☐ Feta cheese 1 tbsp

Meat & Seafood

- ☐ Extra firm Tofu 14 ounces

Shop ingredients on 

Shop ingredients on 