

Food with feeling

Meal Plan #24



Italian Penicillin (Healing Pastina
Soup with Lemon & Herbs)



Pesto Gnocchi



Roasted Potato, Chickpea, and
Cauliflower Bowls



Chickpea & Sweet Potato Coconut
Curry (vegan)



My FAV Tofu Recipes

food with feeling

Grocery List

Pantry

<input type="checkbox"/> Extra Virgin Olive Oil	1.333 cups
<input type="checkbox"/> Olive oil	3 tbsp
<input type="checkbox"/> Pastina, ditalini, orzo, or small shells	1.5 cups
<input type="checkbox"/> Salt	1 tsp
<input type="checkbox"/> Cannellini beans	1 can
<input type="checkbox"/> Toasted Pine Nuts	0.25 cups
<input type="checkbox"/> Dried Gnocchi	1 pound
<input type="checkbox"/> Chickpeas	30 oz
<input type="checkbox"/> Tahini	0.33 cup
<input type="checkbox"/> Lemon juice	2 tbsp
<input type="checkbox"/> Maple syrup	3 tbsp
<input type="checkbox"/> Apple cider vinegar	0.25 cup
<input type="checkbox"/> Coconut oil	1 tbsp
<input type="checkbox"/> Lite coconut milk	15 ounces
<input type="checkbox"/> Almond butter	2 tbsp
<input type="checkbox"/> Soy sauce	2 tbsp
<input type="checkbox"/> Cornstarch	2.5 tbsp
<input type="checkbox"/> Rice wine vinegar	1 tbsp
<input type="checkbox"/> Sesame oil	1 tsp
<input type="checkbox"/> Cornstarch	0.5 tbsp
<input type="checkbox"/> Oil for frying	1 count

Produce

<input type="checkbox"/> Yellow onion	1 medium
<input type="checkbox"/> Carrots	5 medium
<input type="checkbox"/> Celery	3 ribs
<input type="checkbox"/> Garlic	10 cloves
<input type="checkbox"/> Fresh thyme	4 sprigs
<input type="checkbox"/> Lemon juice	3 count
<input type="checkbox"/> Fresh parsley	0.5 cups
<input type="checkbox"/> Baby spinach	2 cups
<input type="checkbox"/> Kale	2 cups
<input type="checkbox"/> Fresh Basil Leaves	2 cups
<input type="checkbox"/> Asparagus	2 cups
<input type="checkbox"/> Cauliflower	1 head
<input type="checkbox"/> Baby Potatoes	1 pound
<input type="checkbox"/> Fresh chopped parsley	1 count
<input type="checkbox"/> Sweet potato	1 medium
<input type="checkbox"/> Cauliflower florets	3 cups
<input type="checkbox"/> Carrot	2 large
<input type="checkbox"/> Bell pepper	1 count
<input type="checkbox"/> Orange zest	1 tbsp
<input type="checkbox"/> Garlic	1 clove
<input type="checkbox"/> Ginger	1 count

Spices & Seasonings

- ☐ Bay leaves 2 count
- ☐ Black pepper 3 count
- ☐ Garlic powder 0.5 tsp
- ☐ Fine sea salt 1 count
- ☐ Curry powder 1 tsp
- ☐ Ground turmeric 0.5 tsp
- ☐ Pepper 1 count
- ☐ Red pepper flakes 1 count

Other

- ☐ Vegetable broth 8 cups
- ☐ Parmesan rind 1 small
- ☐ Hummus 1 count
- ☐ Water 1 count
- ☐ Broth 1 cup

Dairy & Eggs

- ☐ Parmesan cheese 1.5 count
- ☐ Sour cream 2 tbsp
- ☐ Greek yogurt 2 tbsp

Frozen Foods

- ☐ Frozen peas 0.67 cups

Meat & Seafood

- ☐ Firm or extra firm tofu 15 ounces

Beverages

- ☐ Orange juice 0.5 cups

Shop ingredients on 

Shop ingredients on 