

food with feeling

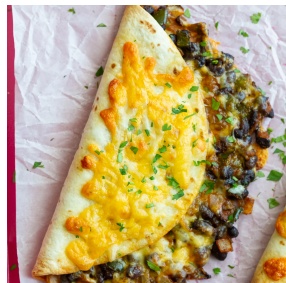
Meal Plan #25



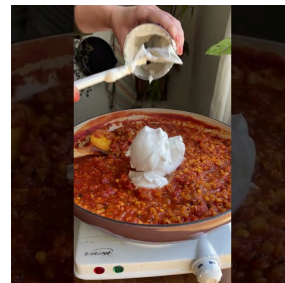
Creamy Vegan Alfredo Sauce



Creamy Coconut Tofu Soup



Sheet Pan Black Bean Tacos



Easy Coconut Curry



Roasted Veggie Tzatziki Bowls

food with feeling

Grocery List

Pantry

<input type="checkbox"/> Pasta	0.5 pounds
<input type="checkbox"/> Lemon Juice	2 tbsp
<input type="checkbox"/> Nutritional Yeast	4 tbsp
<input type="checkbox"/> Salt	2.5 tsp
<input type="checkbox"/> Pepper	0.5 tsp
<input type="checkbox"/> Hemp Hearts	3 tbsp
<input type="checkbox"/> Coconut oil	3 tbsp
<input type="checkbox"/> Maple syrup	1 tbsp
<input type="checkbox"/> Soy sauce	0.25 cups
<input type="checkbox"/> Black beans	15 oz
<input type="checkbox"/> Fine sea salt	2 tsp
<input type="checkbox"/> Crushed tomatoes	28 oz
<input type="checkbox"/> Dried lentils	1 cup
<input type="checkbox"/> Sugar	0.5 tsp
<input type="checkbox"/> Long grain rice	1.5 cups
<input type="checkbox"/> Chickpeas	1 can
<input type="checkbox"/> Olive oil	2 tbsp

Produce

<input type="checkbox"/> Fresh Ginger	1 inch
<input type="checkbox"/> Garlic	5 cloves
<input type="checkbox"/> Lemongrass	1 stalk
<input type="checkbox"/> Shiitake mushrooms	8 ounces
<input type="checkbox"/> Cilantro	1 bunch
<input type="checkbox"/> Green onion	1 bunch
<input type="checkbox"/> Poblano pepper	1 medium
<input type="checkbox"/> White onion	0.5 count
<input type="checkbox"/> Cilantro	2 tbsp
<input type="checkbox"/> Yellow onion	1 small
<input type="checkbox"/> Ginger paste	1.5 tbsp
<input type="checkbox"/> Bell pepper	1 count
<input type="checkbox"/> Broccoli	1 head
<input type="checkbox"/> Radishes	1 cup
<input type="checkbox"/> Baby Potatoes	3 cups
<input type="checkbox"/> Cauliflower	2 cups

Spices & Seasonings

<input type="checkbox"/> Italian Seasoning	2 tsp
<input type="checkbox"/> Garlic Powder	2 tsp
<input type="checkbox"/> Red curry paste	1 tbsp
<input type="checkbox"/> Chili powder	2 tsp
<input type="checkbox"/> Cumin	2 tsp
<input type="checkbox"/> Ground coriander	1 tsp
<input type="checkbox"/> Turmeric	1 tsp
<input type="checkbox"/> Paprika	1 tsp
<input type="checkbox"/> Cinnamon	0.25 tsp

Dairy & Eggs

<input type="checkbox"/> Silken Tofu	15 ounces
<input type="checkbox"/> Plant Based Milk	1 cups
<input type="checkbox"/> Coconut milk	17 ounces
<input type="checkbox"/> Shredded cheese	2 cups
<input type="checkbox"/> Lite coconut milk	15 oz

Other

<input type="checkbox"/> Vegetable broth	6 cups
<input type="checkbox"/> Lime juice	3 tbsp
<input type="checkbox"/> Corn or flour tortillas	6 medium
<input type="checkbox"/> Water	4 cups
<input type="checkbox"/> Tzatziki sauce	0.25 cups

Meat & Seafood

<input type="checkbox"/> Firm or extra firm tofu	1 block
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Frozen Foods

<input type="checkbox"/> Frozen peas	1 cup
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Shop ingredients on 

Shop ingredients on 