

Food with feeling

Meal Plan #26



Edamame Salad



Peanut Butter Miso Ramen



Maple Dijon Roasted Veggie Bowls



Roasted Red Pepper Tofu Pasta



High



Grocery List

Pantry

☐ Quinoa	1 cups
☐ Cashews	0.5 cups
☐ Peanut butter	1 cups
☐ Soy sauce	3 tablespoons
☐ Maple syrup	1 teaspoon
☐ Toasted Sesame Oil	1 tsp
☐ Peanut Butter	1 tbsp
☐ Miso Paste	1 tbsp
☐ Chickpeas	15 oz
☐ Olive Oil	3 tbsp
☐ Tahini	0.33 cup
☐ Dijon Mustard	0.5 cup
☐ Lemon Juice	4 tbsp
☐ Apple Cider Vinegar	0.25 cup
☐ Pasta	1 pound
☐ Nutritional yeast	2.75 tbsp
☐ Salt	0.5 tsp
☐ Nutritional Yeast	0.25 cups

Produce

☐ Cabbage	2 cups
☐ Cilantro	0.5 cups
☐ Green onions	0.5 cups
☐ Carrots	3 cups
☐ Mint	0.25 cups
☐ Garlic	6 cloves
☐ Lime juice	1 tablespoon
☐ Fresh ginger	0.5 inch
☐ Baby Bok Choy	1 each
☐ Broccoli	1 head
☐ Cauliflower	1 head
☐ Red Onion	0.5 each
☐ Shallot	1 each
☐ Roasted red peppers	12 oz
☐ Sun-dried Tomatoes	0.33 cups
☐ Fresh Herbs	1 tbsp

Spices & Seasonings

☐ Sriracha	2 teaspoons
☐ Grated Ginger	1 tsp
☐ Grated Garlic	1 tsp
☐ Garlic Powder	1 tsp
☐ Italian seasoning	2 tsp
☐ Pepper	0.5 tsp
☐ Chili Flakes	1 tsp
☐ Oregano	0.25 tsp
☐ Thyme	0.25 tsp

Dairy & Eggs

☐ Milk	0.5 cups
☐ Sour Cream	2 tbsp
☐ Greek Yogurt	2 tbsp
☐ Silken Tofu	16 oz
☐ Plant based milk	1 cup
☐ Unsalted Butter	2 tbsp

Other

☐ Ramen Noodles	5 ounces
☐ Veggie Broth	2.125 cups
☐ Lite Coconut Milk	1 cup
☐ Vegetable Broth	1 cups
☐ Silken Tofu	1 count

Frozen Foods

☐ Frozen edamame	16 ounces
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Meat & Seafood

☐ Butter Beans	2 cans
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Shop ingredients on 

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