

Food with feeling

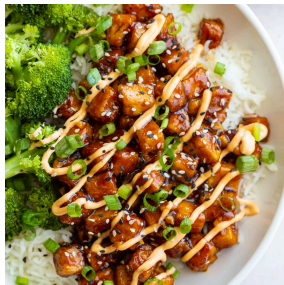
Meal Plan #27



Roasted Potato, Chickpea, and
Cauliflower Bowls



Roasted Cauliflower Soup



Honey Garlic Tofu



Garlic Butter Noodles



Homemade Pizza Pockets



Grocery List

Pantry

☐ Chickpeas	15 oz
☐ Olive oil	3.5 tbsp
☐ Tahini	0.33 cup
☐ Lemon juice	2 tbsp
☐ Maple syrup	2 tbsp
☐ Apple cider vinegar	0.25 cup
☐ Extra virgin olive oil	2.5 tbsp
☐ Vegetable broth	4 cups
☐ Salt	2.5 tsp
☐ All-Purpose Flour	5 tbsp
☐ Cornstarch	1 tsp
☐ Soy Sauce	0.25 cups
☐ Honey	0.33 cups
☐ Toasted Sesame Oil	1 tsp
☐ Rice Vinegar	1.5 tbsp
☐ Rice	1 cups
☐ Pasta	1 pounds
☐ Burrito Tortillas	4 each

Produce

☐ Cauliflower	3.5 heads
☐ Baby Potatoes	1 pound
☐ Fresh chopped parsley	1 count
☐ Garlic	12 cloves
☐ Carrots	2 small
☐ Celery	2 stalks
☐ Yellow onion	1 small
☐ Fresh lemon juice	1 tbsp
☐ Fresh Grated Ginger	1 tbsp
☐ Steamed Broccoli	1 cups
☐ Zucchini	1 each
☐ Bell Pepper	1 each
☐ Fresh Herbs	1 each

Spices & Seasonings

- ☐ Garlic powder 2 tsp
- ☐ Fine sea salt 1 count
- ☐ Black pepper 2.5 count
- ☐ Smoked paprika 1 tsp
- ☐ Pepper 2 tsp
- ☐ Dried Ginger 1 tsp
- ☐ Sriracha 1 tsp
- ☐ Onion Powder 1.5 tsp
- ☐ Trader Joe's Pizza Seasoning 1 tbsp

Dairy & Eggs

- ☐ Sour cream 2 tbsp
- ☐ Greek yogurt 2 tbsp
- ☐ Milk 2 cups
- ☐ Butter 8 tablespoons
- ☐ Parmesan or other cheese 1 each
- ☐ Shredded Mozzarella Cheese 2 cups

Other

- ☐ Hummus 1 count
- ☐ Water 2 count
- ☐ Sesame Seeds 1 tsp
- ☐ Spicy Mayo 1 tbsp
- ☐ Marinara 1 each

Meat & Seafood

- ☐ Firm Tofu 1 block
- ☐ Pepperoni 3 oz

Shop ingredients on 

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