

Food with feeling

Meal Plan #28

Easy Vegan Lentil Soup



Shredded Tofu Tacos



Cheesy Butternut Squash Orzo



Crockpot Potato Soup



Vegan Pad Thai

food WITH feeling

Grocery List

Produce

☐ Sweet onion	1 medium
☐ Garlic	7 cloves
☐ Carrots	4 medium
☐ Lemon	1 count
☐ Butternut squash	1 pound
☐ Lime juice	1 tbsp
☐ Red bell pepper	1 each
☐ Green onions	2 each
☐ Bean sprouts	1 cups
☐ Snow peas	1 cups
☐ Lime wedges	1 each
☐ Fresh parsley	1 bunch
☐ Fresh cilantro	1 bunch

Pantry

☐ Olive oil	7 tbsp
☐ Dried brown or green lentils	2 cups
☐ Crushed tomatoes	15 oz
☐ Fine sea salt	0.5 teaspoon
☐ Salt	2 tsp
☐ Rice noodles	8 ounces
☐ Soy sauce	0.25 cups
☐ Brown sugar	2 tbsp
☐ Toasted sesame oil	1 tbsp
☐ Cornstarch	1 tsp
☐ Peanuts	0.25 cups

Spices & Seasonings

☐ Cumin	0.5 teaspoon
☐ Dried thyme	2 teaspoon
☐ Curry powder	1 teaspoon
☐ Bay leaves	2 count
☐ Pepper	1 count
☐ Taco seasoning	2.5 tbsp
☐ Black Pepper	0.5 tsp
☐ Minced garlic	1 tsp
☐ Grated ginger	1 tsp

Other

☐ Vegetable broth	12 cups
☐ Tofu	15 ounces
☐ Salsa	3 tbsp
☐ Tortillas	1 each
☐ Veggie broth	0.25 cups

Dairy & Eggs

- ☐ Cheddar Cheese 1 cups
- ☐ Grated parmesan cheese 1 cup
- ☐ Sour Cream 0.5 cups
- ☐ Milk 2 cups

Shop ingredients on 

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