

Food with feeling

Meal Plan #29



Loaded Vegetarian Chili



Easy Creamy Homemade Alfredo
Sauce



Roasted Cauliflower Soup



Chili Crisp Tofu Bowls



Chickpea & Sweet Potato Coconut
Curry (vegan)

food WITH feeling

Grocery List

Pantry

<input type="checkbox"/> Olive oil	2 tbsp
<input type="checkbox"/> Vegetable broth	7 cups
<input type="checkbox"/> Tomato sauce	15 ounces
<input type="checkbox"/> Diced tomatoes	15 ounces
<input type="checkbox"/> Kidney beans	15 ounces
<input type="checkbox"/> Great northern beans	15 ounces
<input type="checkbox"/> Black beans	15 ounces
<input type="checkbox"/> Baking cocoa	1 tbsp
<input type="checkbox"/> Salt	3 tsp
<input type="checkbox"/> Fettuccine or Pasta	12 ounces
<input type="checkbox"/> Extra virgin olive oil	2.5 tbsp
<input type="checkbox"/> Cornstarch	1.5 tbsp
<input type="checkbox"/> Soy sauce	2.5 tbsp
<input type="checkbox"/> Toasted sesame oil	1 tbsp
<input type="checkbox"/> Yum yum sauce	0.33 cups
<input type="checkbox"/> Chili crunch oil	1.5 tbsp
<input type="checkbox"/> Cooked quinoa or rice	1.5 cups
<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"/> Chickpeas	15 ounces

Produce

<input type="checkbox"/> Onion	1 medium
<input type="checkbox"/> Green pepper	1 medium
<input type="checkbox"/> Garlic	10 cloves
<input type="checkbox"/> Parsley	1 count
<input type="checkbox"/> Cauliflower	2 pounds
<input type="checkbox"/> Garlic	1 head
<input type="checkbox"/> Carrots	2 small
<input type="checkbox"/> Celery	2 stalks
<input type="checkbox"/> Yellow onion	1 small
<input type="checkbox"/> Fresh lemon juice	1 tbsp
<input type="checkbox"/> Edamame	1 cup
<input type="checkbox"/> Green onions	0.25 cups
<input type="checkbox"/> English cucumber	0.5 each
<input type="checkbox"/> Avocado	0.5 each
<input type="checkbox"/> Cilantro	1 handful
<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

Spices & Seasonings

<input type="checkbox"/> Black pepper	1.5 tsp
<input type="checkbox"/> Chili powder	0.5 tsp
<input type="checkbox"/> Oregano	0.5 tsp
<input type="checkbox"/> Cayenne pepper	0.125 tsp
<input type="checkbox"/> Italian Seasoning	0.5 tsp
<input type="checkbox"/> Nutmeg	1 pinch
<input type="checkbox"/> Smoked paprika	1 tsp
<input type="checkbox"/> Curry powder	1 tsp
<input type="checkbox"/> Ground turmeric	0.5 tsp

Dairy & Eggs

<input type="checkbox"/> Unsalted Butter	0.5 cups
<input type="checkbox"/> Heavy Cream	1.5 cups
<input type="checkbox"/> Parmesan Cheese	1.5 cups
<input type="checkbox"/> Milk	2 cups

Frozen Foods

<input type="checkbox"/> Frozen corn	1 cup
<input type="checkbox"/> Frozen peas	0.67 cups

Meat & Seafood

<input type="checkbox"/> Extra-firm or superfirm Tofu	1 block
---	---------

Other

<input type="checkbox"/> Broth	1 cup
--------------------------------	-------

Shop ingredients on 

Shop ingredients on 