

Food with feeling

Meal Plan #30



Quick and Easy Homemade Ramen



Chickpea Tacos



Loaded Veggie Tikka Masala



Garlic Butter Noodles



Vegetarian Sushi Bake (vegan friendly!)

food with feeling

Grocery List

Produce

- | | |
|---|-----------------|
| ☐ Garlic | 11 cloves |
| ☐ Fresh ginger | 1 tbsp |
| ☐ Shiitake mushrooms | 1 cup |
| ☐ Green onions | 2.25 cups |
| ☐ Baby spinach | 1 large handful |
| ☐ Shredded carrots | 0.5 cup |
| ☐ Large Yellow Onion | 0.5 count |
| ☐ Ginger | 1 inch |
| ☐ Fresh Cilantro | 10 sprigs |
| ☐ Cauliflower | 1 head |
| ☐ Carrots | 3 large |
| ☐ Zucchini | 1 each |
| ☐ Bell Pepper | 1 each |
| ☐ Cucumber | 0.5 count |
| ☐ Avocado | 0.5 count |
| ☐ Green Onions | 0.25 cups |

Pantry

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|---|---------|
| ☐ Sesame oil | 2 tbsp |
| ☐ Miso paste | 1 tbsp |
| ☐ Soy sauce | 4 tbsp |
| ☐ Rice vinegar | 3 tbsp |
| ☐ Chickpeas | 3 cans |
| ☐ Olive oil | 4 tbsp |
| ☐ Salt | 2.5 tsp |
| ☐ Canned Plum Tomatoes | 400 g |
| ☐ Tomato Sauce | 15 oz |
| ☐ Rice Wine Vinegar | 1 tbsp |
| ☐ Uncooked Sushi Rice | 2 cups |
| ☐ White Wine Vinegar | 2 tbsp |

Spices & Seasonings

☐ Sriracha	4 tsp
☐ Cumin	2.5 tsp
☐ Chili powder	1 tsp
☐ Black pepper	0.5 tsp
☐ Oregano	0.25 tsp
☐ Paprika	1.5 tsp
☐ Ground Cinnamon	0.25 tsp
☐ Garam Masala	1.5 tsp
☐ Sesame Seeds	0.5 tbsp
☐ Unagi Sushi Sauce	1 count
☐ Pepper	1 pinch

Other

☐ Ramen noodles	2.3 packs
☐ Vegetable broth	4 cups
☐ Water	0.25 cups
☐ Tortillas	1 each
☐ Guacamole	1 each
☐ Salsa	1 each
☐ Seaweed Snacks/Nori	1 count

Dairy & Eggs

☐ Soft-boiled eggs	2 each
☐ Vegan Yogurt	5 oz
☐ Full Fat Coconut Cream or Milk	15 oz
☐ Kewpie Mayo	3 count

Frozen Foods

☐ Frozen Peas	1 cup
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Shop ingredients on 

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