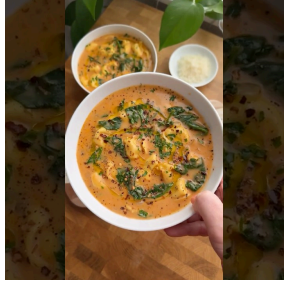


Food with feeling

Meal Plan #32



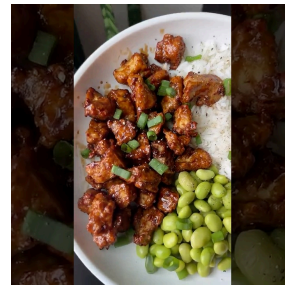
Easy Creamy Tortellini Soup



Roasted Potato, Chickpea, and Cauliflower Bowls



Easy One



Air Fryer Tofu (Extra Crispy, No Pressing Required)



Quick & Easy Soy



Vegan Taco Salad

food WITH feeling

Grocery List

Pantry

☐ Olive oil	3 tbsp
☐ All-purpose flour	0.25 cups
☐ Tomato paste	2 tbsp
☐ Chickpeas	15 oz
☐ Tahini	0.33 cup
☐ Lemon juice	3 tbsp
☐ Maple syrup	2 tbsp
☐ Apple cider vinegar	0.25 cup
☐ Dry White Beans	1 pound
☐ Toasted Sesame Oil	3 tsp
☐ Soy Sauce	4 tbsp
☐ Cornstarch	2 tbsp
☐ Thin Pasta	0.5 pounds
☐ Canola Oil	0.5 tbsp
☐ Peanut Butter	0.25 cups
☐ Rice Vinegar	0.5 tbsp
☐ Honey	1.5 tbsp
☐ Tortilla Chips	1 handful
☐ Pico de Gallo	0.5 cups
☐ Canned Corn	0.5 cups
☐ Black Beans	0.5 cups
☐ Salsa	0.33 cups

Produce

☐ Yellow onion	1 large
☐ Garlic	11 cloves
☐ Baby spinach	2 cups
☐ Fresh basil or parsley	1 bunch
☐ Cauliflower	1 head
☐ Baby Potatoes	1 pound
☐ Fresh chopped parsley	1 count
☐ Thyme	3 sprigs
☐ Oregano	3 sprigs
☐ Rosemary	3 sprigs
☐ Green Onion	0.5 cups
☐ Fresh Cilantro	0.5 cups
☐ Peanuts	1 handful
☐ Lime Wedges	1 each
☐ Romaine	5 cups
☐ Lime	1 wedge
☐ Avocado	0.5 each

Spices & Seasonings

☐ Red pepper flakes	1 tsp
☐ Italian seasoning	1 tsp
☐ Salt & black pepper	2 to taste
☐ Garlic powder	0.5 tsp
☐ Fine sea salt	1.5 tsp
☐ Black pepper	2 count
☐ Bay Leaf	1 count
☐ Paprika	0.5 tsp
☐ Ginger	1 tsp
☐ Sesame Seeds	1 sprinkle

Dairy & Eggs

☐ Butter	1 tbsp
☐ Heavy cream	0.5 cups
☐ Parmesan cheese	0.5 cups
☐ Sour cream	2 tbsp
☐ Greek yogurt	2 tbsp
☐ Parmesan Rind	1 count
☐ Vegan Sour Cream	0.33 cups

Other

☐ Vegetable broth	4 cups
☐ Refrigerated cheese tortellini	9.5 oz
☐ Hummus	1 count
☐ Water	1 count

Meat & Seafood

☐ Tofu	15.5 ounces
☐ Walnut Taco Meat	1 batch

Shop ingredients on 

Shop ingredients on 