

Food WITH feeling

Meal Plan #33



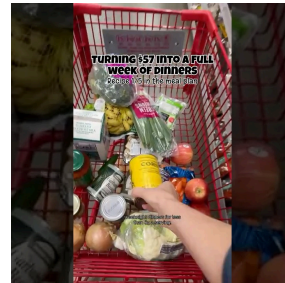
Easy Baked Ziti Without Meat



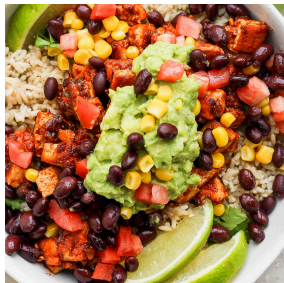
Roasted Veggie Tzatziki Bowls



Crockpot Potato Soup



Vegetarian Enchiladas



Copycat Chipotle Sofritas Recipe



Grocery List

Produce

- | | |
|---|-----------|
| ☐ Yellow Onion | 1 small |
| ☐ Garlic | 11 cloves |
| ☐ Fresh Basil or Parsley | 1 bunch |
| ☐ Broccoli | 1 head |
| ☐ Radishes | 1 cup |
| ☐ Baby Potatoes | 3 cups |
| ☐ Cauliflower | 2 cups |
| ☐ Potatoes | 2 pounds |
| ☐ Yellow Onion | 1 medium |
| ☐ Bell pepper | 1 count |
| ☐ Yellow onion | 0.5 count |
| ☐ Jalapeño | 1 count |
| ☐ Fresh or canned corn | 0.75 cups |
| ☐ Corn tortillas | 8 count |
| ☐ Avocado | 0.5 count |
| ☐ Cilantro | 1 bunch |

Spices & Seasonings

- | | |
|--|----------|
| ☐ Black Pepper | 1 tsp |
| ☐ Dried Italian Seasoning | 0.5 tsp |
| ☐ Red Pepper Flakes | 0.25 tsp |
| ☐ Paprika | 1 tsp |
| ☐ Garlic powder | 1 tsp |
| ☐ Dried oregano | 1.5 tsp |
| ☐ Cinnamon | 0.25 tsp |
| ☐ Cumin | 1.5 tsp |
| ☐ Chili powder | 0.75 tsp |
| ☐ Ground black pepper | 0.25 tsp |
| ☐ Chipotle Peppers in Adobo Sauce | 2 count |

Pantry

☐ Ziti Pasta	1 pounds
☐ Olive oil	4.5 tbsp
☐ Salt	3 tsp
☐ Marinara Sauce	5 cups
☐ Chickpeas	1 can
☐ All Purpose Flour	0.25 cups
☐ Refried beans or black beans	16 ounces
☐ Enchilada sauce	10 ounces
☐ Adobo Sauce	2 tbsp
☐ Fine Sea Salt	0.5 tsp

Other

☐ Tzatziki sauce	0.25 cups
☐ Broth	4.5 cups
☐ Tomato Paste	2 tbsp
☐ Maple Syrup	1 tbsp

Dairy & Eggs

☐ Whole Milk Ricotta Cheese	15 oz
☐ Egg	1 large
☐ Parmesan Cheese	0.5 cups
☐ Shredded Low-Moisture Mozzarella Cheese	12 oz
☐ Butter	4 tablespoons
☐ Milk	2 cups
☐ Cheddar Cheese	1 cups
☐ Sour Cream	1 cups
☐ Cheese	1.5 cups
☐ Sour cream	1 dollop

Meat & Seafood

☐ Extra firm Tofu	14 ounces
--	-----------

Shop ingredients on 

Shop ingredients on 