

food with feeling

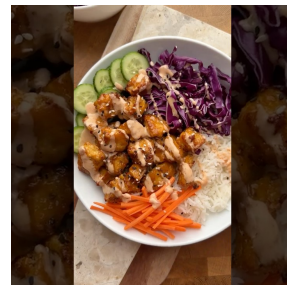
Meal Plan #34



Lentil Chili



Maple Dijon Roasted Veggie Bowls



Bang Bang Tofu (Air Fryer or Pan Fried)



Easy Greek Orzo Salad



Crispy Chickpeas (Oven Roasted)



Grocery List

Pantry

☐ Extra-Virgin Olive Oil	1.25 cups
☐ Lentils	1 cup
☐ Tomato sauce	15 ounces
☐ Diced tomatoes	15 ounces
☐ Kidney beans	15 ounces
☐ Black beans	15 ounces
☐ Baking cocoa	1 tbsp
☐ Chickpeas	16 ounces
☐ Tahini	0.33 cup
☐ Dijon Mustard	0.5 cup
☐ Lemon Juice	4 tbsp
☐ Maple Syrup	2 tbsp
☐ Apple Cider Vinegar	0.25 cup
☐ Soy Sauce	1 tbsp
☐ Cornstarch	1.5 tbsp
☐ Sweet Thai Chili Sauce	1.5 tbsp
☐ Rice Vinegar	0.5 tsp
☐ Orzo	1 cups
☐ Kalamata Olives	0.33 cups

Spices & Seasonings

☐ Black pepper	2.25 tsp
☐ Salt	1.5 tsp
☐ Chili powder	0.5 tsp
☐ Oregano	1 tsp
☐ Cayenne pepper	0.125 tsp
☐ Garlic Powder	1 tsp
☐ Paprika	0.5 tsp
☐ Sriracha	1.5 tsp
☐ Dried Oregano	0.5 tsp
☐ Kosher Salt	0.5 tsp
☐ Fina sea salt	0.5 tsp

Produce

☐ Onion	1 medium
☐ Garlic	5 cloves
☐ Broccoli	1 head
☐ Cauliflower	1 head
☐ Carrots	2 large
☐ Red Onion	0.75 cups
☐ Cherry Tomatoes	1.5 cups
☐ Cucumber	0.75 cups

Dairy & Eggs

☐ Sour Cream	2 tbsp
☐ Greek Yogurt	2 tbsp
☐ Feta Cheese	0.5 cups

Other

☐ Vegetable broth	3 cups
☐ Mayonnaise	0.25 cup

Meat & Seafood

☐ Extra-firm Tofu	1 block
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Shop ingredients on  **amazonfresh**

Shop ingredients on  **instacart**