

Food with feeling

Meal Plan #35



Lentil Bolognese



Broccoli Cheese Rice Casserole
(High Protein!)



Crispy Sesame Tofu (Air Fryer or
Pan Fried)



Vegetarian Chicken Noodle Soup
(Easy + Vegan)



Chickpea & Sweet Potato Coconut
Curry (vegan)

Food with Feeling

Grocery List

Pantry

- Extra-virgin Olive Oil 0.25 cups
- Salt 3.5 tsp
- Tomato paste 5 oz
- Veggie broth 4 cups
- Brown or green lentils 1.25 cups
- Walnuts 0.5 cups
- Crushed tomatoes 1 28-ounce can
- Long-grain white rice 2 cups
- White beans 1 cans
- All-purpose flour 3 tbsp
- Toasted Sesame Oil 1 tbsp
- Soy Sauce 1.25 cups
- Brown Sugar 3 tbsp
- Rice Vinegar 1 tbsp
- Cornstarch 2 tbsp
- Better than bouillon seasoned vegetable base 1 tsp
- Dry egg noodles 4 cups
- Coconut oil 1 tbsp
- Lite coconut milk 15 ounces
- Almond butter 2 tbsp
- Chickpeas 15 ounces

Produce

- Onion 1 medium
- Garlic 6 cloves
- Celery 3 stalks
- Carrot 3 count
- Flat-leaf Italian parsley 0.25 cups
- Broccoli florets 9 cups
- Yellow onion 1 small
- Carrots 3 medium
- Lemon juice 1 tbsp
- Parsley 1 count
- Sweet potato 1 medium
- Cauliflower florets 3 cups
- Bell pepper 1 count

Spices & Seasonings

<input type="checkbox"/> Italian seasoning	2 tsp
<input type="checkbox"/> Black pepper	2 count
<input type="checkbox"/> Garlic powder	1.5 tsp
<input type="checkbox"/> Onion powder	1 tsp
<input type="checkbox"/> Paprika	0.5 tsp
<input type="checkbox"/> Fresh Ginger	1 tsp
<input type="checkbox"/> Dried rosemary	0.5 tsp
<input type="checkbox"/> Dried thyme	0.25 tsp
<input type="checkbox"/> Bay leaf	1 count
<input type="checkbox"/> Curry powder	1 tsp
<input type="checkbox"/> Ground turmeric	0.5 tsp

Other

<input type="checkbox"/> Water	2 tbsp
<input type="checkbox"/> Soy curls	15 oz
<input type="checkbox"/> Vegetable broth	8 cups
<input type="checkbox"/> Broth	1 cup

Meat & Seafood

<input type="checkbox"/> Extra-Firm Tofu	16 oz
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Dairy & Eggs

<input type="checkbox"/> Parmesan	0.25 cups
<input type="checkbox"/> Butter	4 tbsp
<input type="checkbox"/> Milk	1.75 cups
<input type="checkbox"/> Plain Greek yogurt	0.75 cups
<input type="checkbox"/> Shredded sharp cheddar cheese	2.5 cups

Alcohol

<input type="checkbox"/> Red wine	0.5 cups
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Frozen Foods

<input type="checkbox"/> Frozen peas	0.67 cups
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Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)