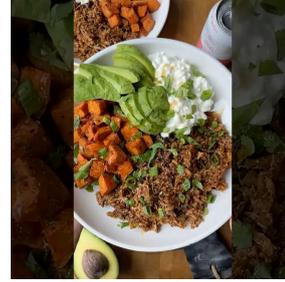


# Food with feeling

## Meal Plan #36



Loaded Veggie Tikka Masala



Tofu Ground Beef Bowls



White Bean and Kale Soup



Creamy Lemon Pasta (20)



Easy Vegetarian Quesadilla Recipe

# Food with feeling

## Grocery List

### Produce

- Large Yellow Onion 1 count
- Garlic 6 cloves
- Ginger 1 inch
- Fresh Cilantro 10 sprigs
- Cauliflower 0.5 head
- Carrots 4 large
- Sweet Potato 1 large
- Avocado 0.5 count
- Cilantro 1 handful
- Onion 1 medium
- Fresh parsley 0.25 cups
- Kale 3 cups
- Lemon 1 count
- White Onion 1 each
- Red Bell Pepper 1 each
- Green Bell Pepper 1 each
- Poblano Pepper 1 each

### Spices & Seasonings

- Cumin 0.5 tsp
- Turmeric 0.5 tsp
- Ground Cinnamon 0.25 tsp
- Paprika 1.5 tsp
- Garam Masala 1.5 tsp
- Taco Seasoning 3 tbsp
- Black pepper 2 count
- Fennel seeds 0.5 tsp
- Bay leaf 1 count
- Garlic Powder 1.5 tsp
- Onion Powder 1 tsp

## Pantry

- Olive Oil 4.5 tbsp
- Salt 3.5 tsp
- Canned Plum Tomatoes 400 g
- Tomato Sauce 15 oz
- Chickpeas 1 15 oz can
- White beans 3 cups
- Pasta 8 ounces
- Flour 1 tsp
- Canola Oil 1 tbsp
- Black or Pinto Beans 15 oz

## Other

- Veggie broth 4 cups
- Lemon juice 1.5 tbsp

## Meat & Seafood

- Extra-firm Tofu 1 block

## Dairy & Eggs

- Vegan Yogurt 5 oz
- Full Fat Coconut Cream or Milk 15 oz
- Butter 5 tbsp
- Heavy Cream 1 cups
- Parmesan 0.75 cups
- Mexican Style Shredded Cheese 4 cups

## Frozen Foods

- Frozen Peas 1 cup

## Bakery

- Flour Tortillas 8 each

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)