

# Food WITH feeling

## Meal Plan #37



Roasted Veggie Green Goddess  
Bowls



Marry Me Butter Beans



Lentil Chili



Crispy Tofu Rice Bowls (Easy  
Vegetarian Taco Bowls)



Gigi Hadid Pasta Recipe

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## Grocery List

### Pantry

- Chickpeas 15 oz
- Olive Oil 6 tbsp
- Salt 3 tsp
- White Beans 2 cans
- Nutritional Yeast 0.5 cup
- Lemon Juice 1 tbsp
- Tahini 1 tbsp
- Fine Sea Salt 1.5 tsp
- Lentils 1 cup
- Tomato sauce 15 ounces
- Diced tomatoes 15 ounces
- Kidney beans 15 ounces
- Black beans 15 ounces
- Baking cocoa 1 tbsp
- Uncooked rice 0.5 cups
- Canned black beans 0.75 cups
- Pasta 1 pound
- Tomato paste 0.5 cups

### Spices & Seasonings

- Garlic Powder 2 tsp
- Onion Powder 2 tsp
- Paprika 1 tsp
- Pepper 3 count
- Chili Flakes 1 tsp
- Oregano 0.75 tsp
- Thyme 0.25 tsp
- Black pepper 0.5 tsp
- Chili powder 0.5 tsp
- Cayenne pepper 0.125 tsp
- Taco seasoning 2 tbsp
- Red pepper flakes 1 teaspoon

## Produce

- Cauliflower 1 heads
- Radish 1 bunch
- Baby Potatoes 1.5 pounds
- Fresh Spinach 5 oz
- Basil Leaves 1 cup
- Fresh Dill 0.25 cup
- Garlic 10 cloves
- Sun-Dried Tomatoes 0.33 cups
- Fresh Herbs 1 tbsp
- Onion 1 medium
- Romaine lettuce 1 head

## Other

- Vegetable Broth 4 cups
- Butter Beans 2 cans

## Alcohol

- Vodka 2 tablespoons

## Dairy & Eggs

- Unsalted Butter 2 tbsp
- Heavy Cream 2 cups
- Parmesan Cheese 1 cups
- Butter 2 tablespoons
- Parmesan 0.5 cups

## Meat & Seafood

- Firm or extra-firm Tofu 1 block

Shop ingredients on 

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