

Food with feeling

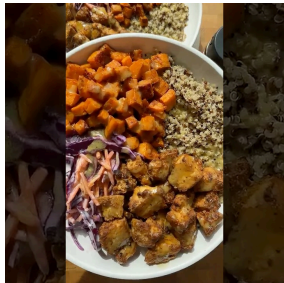
Meal Plan #38



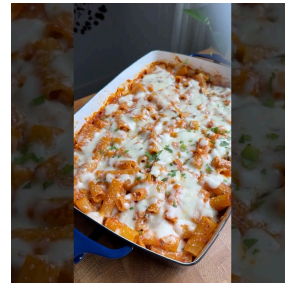
Whipped Feta Veggie Bowls



Pesto Cream Sauce (10 minutes!)



Hot Honey Tofu Bowls Sweetgreen Copycat



Easy Rigatoni Pasta Bake



Vegan Pad Thai

Food WITH feeling

Grocery List

Produce

- Butternut Squash 4 cups
- Broccoli 1 head
- Cauliflower 1 head
- Red Onion 1 count
- Fresh Herbs 1 bunch
- Sweet potatoes 2 medium
- Shredded purple cabbage 3 cups
- Shredded carrots 1.5 cups
- Garlic 4 cloves
- Onion 1 medium
- Zucchini 1 count
- Carrots 2 each
- Red bell pepper 1 each
- Green onions 2 each
- Bean sprouts 1 cups
- Snow peas 1 cups
- Lime wedges 1 each
- Fresh parsley 1 bunch
- Fresh cilantro 1 bunch

Pantry

- Chickpeas 2 15-oz cans
- Olive Oil 7.25 tbsp
- Salt 4 tsp
- Lemon Juice 1 tbsp
- Pasta 12 oz
- Soy sauce 1.25 cups
- Cornstarch 2.25 cups
- Apple cider vinegar 2 tbsp
- Hot honey 2.5 tbsp
- Mustard 0.5 tbsp
- Lime juice 2 tbsp
- Dijon mustard 2 tbsp
- Olive oil 1 tbsp
- Uncooked quinoa 1 cup
- Rigatoni Pasta 12 oz
- Marinara sauce 28 oz
- Veggie broth 1.5 cups
- Peanuts 0.25 cups

Spices & Seasonings

<input type="checkbox"/> Black Pepper	1.25 tsp
<input type="checkbox"/> Garlic Powder	3 tsp
<input type="checkbox"/> Smoked Paprika	1.5 tsp
<input type="checkbox"/> Chili powder	1 tsp
<input type="checkbox"/> Dried thyme	1 tsp
<input type="checkbox"/> Dried oregano	0.5 tsp
<input type="checkbox"/> Onion powder	1.5 tsp
<input type="checkbox"/> Paprika	0.5 tsp
<input type="checkbox"/> Minced garlic	1 tsp
<input type="checkbox"/> Grated ginger	1 tsp

Other

<input type="checkbox"/> Cooked Quinoa, Farro, or Rice	1 cup
<input type="checkbox"/> Water	0.33 cups
<input type="checkbox"/> Pesto sauce	0.5 cups

Dairy & Eggs

<input type="checkbox"/> Feta Cheese	6 oz
<input type="checkbox"/> Plain Greek Yogurt	1 cup
<input type="checkbox"/> Heavy cream	0.75 cups
<input type="checkbox"/> Unsalted butter	2 tbsp
<input type="checkbox"/> Shredded parmesan	0.5 cups
<input type="checkbox"/> Greek yogurt	0.75 cups

Meat & Seafood

<input type="checkbox"/> Super firm Tofu	2 blocks
--	----------

Shop ingredients on 

Shop ingredients on 