

# Food with Feeling

## Meal Plan #39



Roasted Potato, Chickpea, and  
Cauliflower Bowls



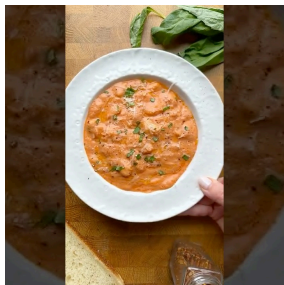
Creamy French Onion Pasta



Chili Crisp Tofu Bowls



Quick and Easy Homemade Ramen



Vodka Sauce Creamy Butter Beans

# Food WITH feeling

## Grocery List

### Pantry

- Chickpeas 15 oz
- Olive oil 3.25 cups
- Tahini 0.33 cup
- Lemon juice 2 tbsp
- Maple syrup 2 tbsp
- Apple cider vinegar 0.25 cup
- Balsamic vinegar 1 tbsp
- Pasta of choice 8 oz
- Cornstarch 1.5 tbsp
- Soy sauce 3.5 tbsp
- Toasted sesame oil 1 tbsp
- Yum yum sauce 0.33 cups
- Chili crunch oil 1.5 tbsp
- Cooked quinoa or rice 1.5 cups
- Sesame oil 1 tbsp
- Miso paste 1 tbsp
- Rice vinegar 1 tsp
- Sriracha 2 tsp
- Tomato paste 0.5 cups
- Salt 1 teaspoon

### Produce

- Cauliflower 1 head
- Baby Potatoes 1 pound
- Fresh chopped parsley 1 count
- Yellow onions 3 large
- Garlic 8 cloves
- Edamame 1 cup
- Green onions 2.25 cups
- English cucumber 0.5 each
- Avocado 0.5 each
- Cilantro 1 handful
- Fresh ginger 1 tbsp
- Shiitake mushrooms 1 cup
- Baby spinach 1 large handful
- Shredded carrots 0.5 cup
- Shallot 1 small
- Chopped fresh herbs 1 tablespoon

## Dairy & Eggs

- Sour cream 2 tbsp
- Greek yogurt 2 tbsp
- Gruyère cheese 0.5 cups
- Parmesan cheese 0.75 cups
- Heavy cream 0.5 cups
- Soft-boiled eggs 2 each
- Milk of choice 0.75 cups
- Butter 2 tablespoons
- Parmesan 0.5 cups

## Other

- Hummus 1 count
- Water 1 count
- Vegetable broth 8 cups
- Ramen noodles 2.3 packs
- Silken Tofu 15 ounces
- Butter beans 2 cans

## Alcohol

- Vodka 2 tablespoons

## Spices & Seasonings

- Garlic powder 0.5 tsp
- Fine sea salt 1.5 tsp
- Black pepper 1.5 tsp
- Fresh thyme 1 tsp
- Red pepper flakes 1 teaspoon
- Pepper 1 teaspoon

## Meat & Seafood

- Extra-firm or superfirm Tofu 1 block

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)