

# Food with feeling

## Meal Plan #40



Lentil Salad with Warm Vegetables



Chickpea Tacos



Roasted Red Pepper Pasta



Pesto Gnocchi



Orange Tofu

# Food WITH feeling

## Grocery List

### Pantry

- Extra-virgin Olive Oil 1.333 cups
- Maple Syrup 2 tbsp
- Salt 2 tsp
- Cooked Lentils 1.5 cups
- Olive Oil 2.5 tbsp
- Red Wine Vinegar 1.5 tbsp
- Chickpeas 2 cans
- Penne Pasta 1 pounds
- Roasted Red Peppers 12 oz
- Vegetable Broth 0.5 cups
- Fine Sea Salt 0.5 tsp
- Toasted Pine Nuts 0.25 cups
- Dried Gnocchi 1 pound
- Cornstarch 2.5 tbsp
- Rice wine vinegar 1 tbsp
- Soy sauce 1 tbsp
- Sesame oil 1 tsp
- Cornstarch 0.5 tbsp
- Oil for frying 1 count

### Produce

- Cauliflower 1 head
- Carrots 2 each
- Green Onions 1 bunch
- Parsley 1.25 cups
- Spinach Leaves 1 cup
- Chives 2 tbsp
- Tarragon Leaves 2 tbsp
- Garlic 6 cloves
- Lemon Juice 3.5 tbsp
- Shallot 1 count
- Basil Leaves 6 large
- Lemon Juice 0.5 count
- Fresh Basil Leaves 2 cups
- Asparagus 2 cups
- Orange zest 1 tbsp
- Ginger 1 count

## Spices & Seasonings

- Cumin 2.5 tsp
- Paprika 1 tsp
- Onion Powder 0.5 tsp
- Chili powder 1 tsp
- Black pepper 1.5 tsp
- Oregano 0.25 tsp
- Red pepper flakes 1 count

## Dairy & Eggs

- Mayonnaise 0.5 cup
- Heavy Cream 1.25 cups
- Parmesan Cheese 1 cups

## Meat & Seafood

- Firm or extra firm tofu 15 ounces

## Other

- Pine Nuts 1 each
- Salt and Pepper 1 each
- Water 0.25 cups
- Tortillas 1 each
- Guacamole 1 each
- Salsa 1 each

## Alcohol

- White Wine 0.25 cups

## Beverages

- Orange juice 0.5 cups

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)