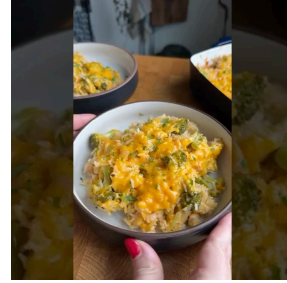


Food WITH feeling

Meal Plan #41



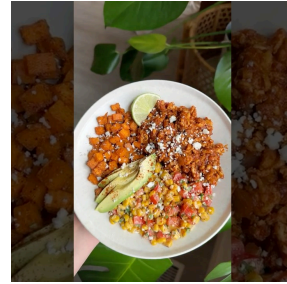
Easy Coconut Curry



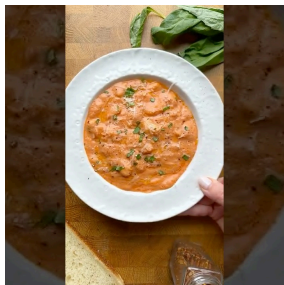
Broccoli Cheese Rice Casserole
(High Protein!)



Whipped Feta Veggie Bowls



Street Corn Tofu Bowls



Vodka Sauce Creamy Butter Beans

Food WITH feeling

Grocery List

Pantry

- Coconut oil 2 tbsp
- Fine sea salt 2.75 tsp
- Crushed tomatoes 28 oz
- Dried lentils 1 cup
- Sugar 0.5 tsp
- Long grain rice 1.5 cups
- Long-grain white rice 2 cups
- White beans 1 cans
- All-purpose flour 3 tbsp
- Veggie broth 2 cups
- Chickpeas 2 15-oz cans
- Olive Oil 4.25 tbsp
- Lemon Juice 1 tbsp
- Pepper 2 tsp
- Cornstarch 0.5 tbsp

Produce

- Garlic 6 cloves
- Yellow onion 1 small
- Ginger paste 1.5 tbsp
- Bell pepper 1.5 count
- Broccoli florets 6 cups
- Butternut Squash 4 cups
- Broccoli 1 head
- Cauliflower 1 head
- Red Onion 0.5 count
- Fresh Herbs 1 bunch
- Sweet Potato 1 large
- Chopped fresh herbs 1 tablespoon

Spices & Seasonings

<input type="checkbox"/> Cumin	1 tsp
<input type="checkbox"/> Ground coriander	1 tsp
<input type="checkbox"/> Turmeric	1 tsp
<input type="checkbox"/> Garlic powder	1.5 tsp
<input type="checkbox"/> Onion powder	1 tsp
<input type="checkbox"/> Black pepper	1 tsp
<input type="checkbox"/> Paprika	0.5 tsp
<input type="checkbox"/> Garlic Powder	0.5 tsp
<input type="checkbox"/> Smoked Paprika	0.5 tsp
<input type="checkbox"/> Taco Seasoning	3.5 tbsp
<input type="checkbox"/> Red pepper flakes	1 teaspoon

Other

<input type="checkbox"/> Water	4.33 cups
<input type="checkbox"/> Cooked Quinoa, Farro, or Rice	1 cup
<input type="checkbox"/> Silken Tofu	15 ounces
<input type="checkbox"/> Butter beans	2 cans

Meat & Seafood

<input type="checkbox"/> Extra Firm Tofu	15 oz
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Dairy & Eggs

<input type="checkbox"/> Coconut milk	15 oz
<input type="checkbox"/> Lite coconut milk	15 oz
<input type="checkbox"/> Butter	6 tbsp
<input type="checkbox"/> Milk	1.75 cups
<input type="checkbox"/> Plain Greek yogurt	1.75 cups
<input type="checkbox"/> Shredded sharp cheddar cheese	2.5 cups
<input type="checkbox"/> Feta Cheese	6 oz
<input type="checkbox"/> Plain Greek Yogurt	1 cup
<input type="checkbox"/> Butter	2 tablespoons
<input type="checkbox"/> Parmesan	0.5 cups

Frozen Foods

<input type="checkbox"/> Frozen peas	1 cup
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Alcohol

<input type="checkbox"/> Vodka	2 tablespoons
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Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)