

Food with Feeling

Meal Plan #45 - Grocery List

This Week's Recipes

- [Vegetable Chow Mein](#)
- [Tempeh Tacos](#)
- [Tofu Stir Fry](#)
- [Creamy Tomato Protein Pasta](#)
- [Chickpea & Sweet Potato Coconut Curry](#)

Pantry

- Olive oil - 4 tbsp
- Sesame oil - 4 tbsp (2 tbsp toasted + 2 tbsp regular)
- Soy sauce - 7 tbsp
- Hoisin sauce - 1 1/2 tbsp
- Rice wine vinegar - 3 1/2 tbsp
- Brown sugar - 1 tbsp (chow mein)
- Cornstarch - 4 tbsp
- Sriracha - 1 tbsp
- Maple syrup - 2 tbsp
- Chow mein noodles - 6 oz
- Pasta - 1 lb
- Almond butter - 2 tbsp
- Coconut oil - 1 tbsp
- Lite coconut milk - 1 can (15 oz)
- Vegetable broth - 1 1/4 cups
- Chickpeas - 1 can (15 oz)
- Tomato paste - 1/2 cup
- Butter - 2 tbsp
- Milk - 1/2 cup (any kind)
- Corn or flour tortillas - 8
- Water - 1/4 cup (tempeh) + 1/4 cup (stir fry broth)

Spices & Seasonings

- Salt & pepper - to taste
- Cumin - 2 1/2 tsp
- Chili powder - 1 tsp
- Paprika - 1/4 tsp
- Oregano - 1/4 tsp
- Italian seasoning - 2 tsp
- Garlic powder - 1 tsp
- Red pepper flakes - 1 tsp
- Curry powder - 1 tsp
- Ground turmeric - 1/2 tsp

Produce

- Garlic - 14 cloves
- Fresh ginger - 2 tsp, grated
- Carrot - 3 large (1 chow mein, 2 curry)
- Red bell pepper - 2 (1 stir fry, 1 curry)
- Broccoli - 2 heads (1 chow mein, 1 stir fry)
- Napa cabbage - 2-3 cups (chow mein)
- Purple cabbage - 1 cup (stir fry)
- Snow peas - 1 heaping cup (stir fry)
- Green onions - 6 stalks (3 chow mein, 3 tempeh tacos)
- Yellow onion - 1/2 (tempeh tacos)
- Sweet potato - 1 medium (curry)
- Cauliflower - 1/2 head (curry)
- Shallot - 1 small (protein pasta)
- Frozen peas - 2/3 cup (curry)

Tofu & Tempeh

- Extra-firm tofu - 1 block (stir fry)
- Silken tofu - 15 oz block (protein pasta)
- Tempeh - 8 oz block (tacos)

Dairy & Refrigerated

- Parmesan - 1/2 cup, freshly grated (protein pasta)

Optional Add-Ons

Pick up what sounds good to you - extras, garnishes, or suggested sides.

Tempeh Tacos

- Cheese - shredded, to serve
- Sour cream - to serve
- Salsa - to serve
- Avocado - to serve
- Side dish ideas: [Southwest Bean Salad](#), [Mexican Street Corn Salad](#), or [Homemade Refried Beans](#)

Tofu Stir Fry

- Rice or quinoa - to serve
- Sesame seeds - to garnish

Creamy Tomato Protein Pasta

- Vodka - 2 tbsp (optional, adds depth to the sauce)
- Fresh basil or parsley - to garnish

Chickpea & Sweet Potato Coconut Curry

- Rice or quinoa - to serve
- Fresh cilantro + lime - to garnish

Notes

- **Vegetable Chow Mein** - Whisk the sauce ahead and store in a jar. Comes together in under 10 minutes once the sauce is ready.
- **Tempeh Tacos** - The filling keeps for up to 4 days - reheat in a skillet. Night of, just warm tortillas and set out toppings.
- **Tofu Stir Fry** - Press and cube the tofu the night before and store uncovered on a paper towel-lined plate. Bake first - while it's in the oven, prep the sauce and veggies.
- **Creamy Tomato Protein Pasta** - Blend the silken tofu and milk ahead and refrigerate. Reserve pasta water before draining to loosen the sauce.
- **Chickpea & Sweet Potato Curry** - Great make-ahead - flavors get better the next day. Make the full batch Sunday and reheat all week.

Bonus Recipe: Watermelon Feta Mint Salad

foodwithfeeling.com/watermelon-feta-salad

- Watermelon - 1 small (about 4 lbs), cubed
- English cucumber - 1 medium, diced
- Red onion - 1/2 small, thinly sliced
- Fresh mint - 1/3 cup, chopped
- Olive oil - 2 tbsp
- Red wine vinegar - 1 1/2 tbsp
- Feta - 1/3 cup, crumbled
- Balsamic glaze - for drizzling