

Food with Feeling

Meal Plan #47 - Grocery List

This Week's Recipes

- [Cilantro Lime Tofu with Mango Salsa](#)
- [Pasta Puttanesca](#)
- [Maple Dijon Roasted Veggie Bowls](#)
- [Pesto Gnocchi](#)
- [Vegan Corn Chowder](#)

Pantry

- Extra virgin olive oil - 1/2 cup + 3 tbsp
- Soy sauce - 1 tbsp (cilantro lime tofu)
- Honey - 1 tbsp (or maple syrup to keep vegan)
- Pesto - 1/2-3/4 cup, store-bought or homemade (see homemade pesto ingredients at the bottom)
- Gnocchi - 1 lb
- Spaghetti or linguine - 12 oz
- Kalamata olives - 1/2 cup, pitted
- Capers - 3 tbsp
- Whole peeled tomatoes - 28 oz can
- Tomato paste - 1 tbsp
- Tahini - 1/3 cup
- Dijon mustard - 2 tbsp
- Maple syrup - 2 tbsp
- Apple cider vinegar - 1/4 cup
- Vegetable broth - 5 cups
- Corn - 6 ears fresh, or 2-3 cans (about 4 cups) frozen also works!
- Coconut milk - 1 can (13.5 oz), full fat
- Pine nuts - 1/3 cup
- Parmesan - 1/3 cup, grated (pesto)

Spices & Seasonings

- Salt & pepper - to taste
- Fine sea salt - 1/2 tsp (puttanesca)
- Red pepper flakes - 1/2 tsp
- Dried oregano - 1 tsp
- Garlic powder - 1/2 tsp (veggie bowls)
- Cumin - 1/2 tsp (cilantro lime tofu)

Produce

- Garlic - 14 cloves
- Lime - 3 (2 zested + juiced for tofu, 1 for salsa)
- Orange - 1 (zest + juice, cilantro lime tofu)
- Fresh cilantro - 6 tbsp, divided
- Mango - 1 ripe
- Red bell pepper - 1 1/2 (1/2 for salsa, 1 for chowder)
- Jalapeno - 1 (mango salsa)
- Red onion - 1 (1/3 cup salsa + 1/2 for veggie bowls)
- Shallot - 1 (puttanesca)
- Asparagus - 1 bunch (gnocchi)
- Broccoli - 1 large head (veggie bowls)
- Cauliflower - 1 small head (veggie bowls)
- Carrots - 4 large (2 veggie bowls, 2 chowder)
- Celery - 2 ribs (chowder)
- Sweet onion - 1 large (chowder)
- Golden potatoes - 3 small (chowder)
- Zucchini - 1 medium (chowder)
- Chickpeas - 1 can (veggie bowls)
- Fresh thyme - 4 sprigs (chowder)
- Fresh parsley or basil - 1/4 cup (puttanesca)
- Fresh basil - 3 cups, packed (for homemade pesto)
- Lemon - 2 (1 for pesto, 1 for veggie bowl dressing)

Tofu

- Extra firm or super firm tofu - 14-16 oz

Optional Add-Ons

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

Cilantro Lime Tofu

- Rice - to serve

Pesto Gnocchi

- Heavy cream, cream cheese, or Greek yogurt - 1/2 cup (for a creamy version)
- Extra toasted pine nuts - to garnish
- Fresh basil - to garnish

Pasta Puttanesca

- Anchovy fillets - 2-3, if not strictly vegetarian
- Fresh parsley or basil - extra for serving
- Parmesan - for topping

Maple Dijon Roasted Veggie Bowls

- Sour cream or Greek yogurt - 2 tbsp (for creamier dressing)
- Quinoa, farro, or brown rice - to serve

Vegan Corn Chowder

- Fresh chives or herbs - to garnish
- Crusty bread - for serving

Notes

- **Cilantro Lime Tofu** - Marinate the tofu for at least 30 minutes - overnight is even better. The leftover marinade reduces into a glossy pan sauce, so don't discard it!
- **Pasta Puttanesca** - Watch the garlic closely - it goes from golden to burnt fast. Save some pasta water to help the sauce cling.
- **Maple Dijon Veggie Bowls** - Don't crowd the pan - spread veggies out so they roast instead of steam. Two sheet pans if needed.
- **Pesto Gnocchi** - Undercook the gnocchi slightly before adding to the skillet - it finishes cooking in the pan with the pesto.
- **Vegan Corn Chowder** - Blend 2 cups of the soup to make it extra creamy, then stir back in. An immersion blender makes this super easy.

Bonus Recipe: BBQ Jackfruit

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- Jackfruit - 40 oz (2 large cans), in water or brine
- Olive oil - 1 tbsp
- BBQ sauce - 1 cup
- Brown sugar - 2 tbsp
- Garlic powder - 1 tsp
- Chili powder - 1 tsp
- Paprika - 1 tbsp
- Liquid smoke - 1 tsp (optional)
- Salt - 1/2 tsp

Optional for serving:

- Burger buns or sandwich rolls
- Coleslaw

Homemade Pesto Ingredients

(skip if using store-bought)

- Fresh basil leaves - 3 cups, packed (already on your list!)
- Pine nuts - 1/3 cup, toasted (already on your list!)
- Parmesan - 1/3 cup, grated (already on your list!)
- Garlic - 2 cloves (already on your list!)
- Lemon juice - from 1 lemon (already on your list!)
- Extra virgin olive oil - 1/3 cup (already on your list!)
- Salt & pepper - to taste