

Food with Feeling

Meal Plan #51 - Grocery List

This Week's Recipes

- [Vegan Shepherd's Pie](#)
- [White Bean & Kale Soup](#)
- [Easy Rigatoni Pasta Bake](#)
- [Crispy Orange Tofu](#)
- [Loaded Veggie Tikka Masala](#)

Pantry

- Olive oil - 4 tbsp
- Butter - 6 tbsp (shepherd's pie)
- Cooked lentils - 1 cup (shepherd's pie)
- Vegetable broth - 5 1/4 cups (1 cup shepherd's pie + 4 cups soup + 1 1/4 cups pasta bake)
- Tomato paste - 1 tbsp (shepherd's pie)
- Worcestershire sauce - 1 tsp, vegan (shepherd's pie)
- Milk - 1/4 cup (shepherd's pie mashed potatoes)
- White beans - 2 cans, great northern or cannellini (kale soup)
- Bay leaf - 1 (kale soup)
- Rigatoni pasta - 12 oz (pasta bake)
- Marinara sauce - 28 oz (pasta bake)
- Orange juice - 1/2 cup, fresh (orange tofu)
- Maple syrup - 1 tbsp (orange tofu)
- Soy sauce - 1 tbsp (orange tofu)
- Sesame oil - 1 tsp (orange tofu)
- Rice wine vinegar - 1 tbsp (orange tofu)
- Cornstarch - 2 1/2 tbsp (2 tbsp tofu + 1/2 tbsp sauce)
- Oil for frying or air frying (orange tofu)
- Plum tomatoes - 400g can (tikka masala)
- Tomato sauce - 1 can, 15 oz (tikka masala)
- Coconut cream or full-fat coconut milk - 1 can, 15 oz (tikka masala)
- Vegan yogurt - 5 oz (tikka masala)
- Chickpeas - 1 can, 15 oz (tikka masala)
- Frozen peas - 1 cup (tikka masala) + 1 cup (shepherd's pie)
- Frozen corn - 1 cup (shepherd's pie)

Spices & Seasonings

- Salt & pepper - to taste
- Fennel seeds - 1/2 tsp (kale soup)
- Garlic powder - 1 tsp (pasta bake)
- Onion powder - 1 tsp (pasta bake)
- Italian seasoning - 1 tsp (pasta bake)
- Red pepper flakes - 1/4 tsp (pasta bake)
- Red pepper flakes - pinch (orange tofu sauce, optional)
- Cumin - 1/2 tsp (tikka masala)
- Turmeric - 1/2 tsp (tikka masala)
- Cinnamon - 1/4 tsp (tikka masala)
- Paprika - 1 tsp (tikka masala)
- Garam masala - 1 1/2 tsp (tikka masala)

Produce

- Garlic - 2 heads whole (kale soup, roasted) + 10 cloves minced (3 shepherd's pie + 4 pasta bake + 2 tikka masala + 1 orange tofu)
- Yellow onion - 2 (1 shepherd's pie + 1 tikka masala)
- Sweet or yellow onion - 1 medium (kale soup)
- Onion - 1 medium (pasta bake)
- Carrot - 5 large (1 shepherd's pie + 1 kale soup + 3 tikka masala)
- Parsnips - 1 cup, diced (shepherd's pie)
- Russet potatoes - 1 1/2 lbs (shepherd's pie)
- Kale - 3 cups, packed and chopped (kale soup)
- Fresh parsley - 1/4 cup (kale soup)
- Zucchini - 1 medium (pasta bake)
- Orange - 1 (zest for orange tofu)
- Fresh ginger - 1 inch piece (orange tofu) + 1 inch piece (tikka masala)
- Cauliflower - 1/2 head (tikka masala)
- Fresh cilantro - 10 sprigs + extra for serving (tikka masala)
- Lemon - 1 (kale soup, juice)
- Fresh rosemary - 2 tsp (shepherd's pie)
- Fresh thyme - 1 tsp (shepherd's pie) + 1/2 tsp (kale soup)

Tofu

- Firm or extra-firm tofu - 14-15 oz (orange tofu)

Dairy & Refrigerated

- Mozzarella, shredded - 1 cup (pasta bake)
- Parmesan, shredded - 1/2 cup (pasta bake)

Optional Add-Ons

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

Shepherd's Pie

- Fresh herbs - for garnish

White Bean & Kale Soup

- Crusty bread or grilled cheese - for serving
- Crackers - for topping

Rigatoni Pasta Bake

- Fresh herbs (basil or parsley) - to garnish
- Extra parmesan - to serve
- Ricotta - swirl in with the cheese for extra creaminess

Orange Tofu

- Vegetables to serve with the orange tofu - broccoli, snap peas, or bok choy work great
- Grain to serve with the orange tofu - rice, brown rice, or quinoa
- Sesame seeds and green onions - to garnish

Tikka Masala

- Basmati rice - to serve
- Fresh cilantro + extra vegan yogurt - to serve
- Naan bread - for serving

Notes

- **Vegan Shepherd's Pie** - Start boiling the potatoes and cooking the filling at the same time to save 20 minutes. Can be assembled the night before and baked when ready!

- **White Bean & Kale Soup** - The roasted garlic is the star here - don't skip it! Roast it ahead of time and store in the fridge. Blend 1/4 of the soup for extra creaminess without losing the texture.

- **Rigatoni Pasta Bake** - This is a true dump-and-bake - everything goes in the dish uncooked, including the dry pasta. Cover tightly with foil for the first 30 minutes so the pasta cooks through properly.

- **Crispy Orange Tofu** - Air frying the tofu is BY FAR the best method - 375F for 15 minutes, shaking halfway. From there, heat the sauce in a skillet and toss the crispy tofu in to coat.

- **Loaded Veggie Tikka Masala** - Don't rush the simmer - 20 minutes is what makes the cauliflower and carrots truly tender and the sauce rich. Even better on day 2!

Bonus Recipe: Frozen Yogurt Bars

foodwithfeeling.com/frozen-yogurt-bars

Need at least 2 hours to freeze. Make the night before!

- Greek yogurt (or yogurt of choice) - 1 cup
- Natural peanut butter - 1/3 cup (runny kind works best)
- Chocolate chips - 1/4 cup (for the mix-in)
- Dark chocolate chips - 1 cup (for the coating)
- Coconut oil - 2 tbsp
- Popsicle sticks
- Chopped peanuts or nuts - optional handful