

Food with Feeling

Meal Plan #50 - Grocery List

This Week's Recipes

- [Gigi Hadid Spicy Vodka Pasta](#)
- [Vegan Taco Salad](#)
- [Creamy Pesto Beans](#)
- [Chili Crunch Tofu Bowls](#)
- [Whipped Feta Veggie Bowls](#)

Pantry

- Olive oil - 1/2 cup + 2 tbsp
- Pasta - 1 lb (Gigi Hadid)
- Vodka - 2 tbsp, optional (Gigi Hadid pasta)
can sub vegetable broth
- Tomato paste - 1/2 cup (Gigi Hadid)
- Heavy cream - 1 cup (Gigi Hadid) + 3/4 cup (pesto beans)
- Butter - 2 tbsp (Gigi Hadid) + 2 tbsp (pesto beans)
- Walnuts - 1 1/2 cups (taco salad)
- Soy sauce - 1 tbsp (walnut taco meat)
- Corn - 1/2 cup, canned or fresh (taco salad)
- Black beans - 1/2 cup, cooked (taco salad)
- Tortilla chips - handful (taco salad)
- Sour cream - 1/3 cup (use vegan sour cream to keep it vegan)
- Salsa - 1/3 cup (taco salad dressing) + extra for topping
- Pesto - 1/2 cup, store-bought or homemade
(see homemade pesto note in Optional section)
- Water - 1/3 cup (pesto beans)
- Cannellini beans - 2 cans (pesto beans)
- Chickpeas - 2 cans (veggie bowls)
- Yum yum sauce - 1/3 cup (chili crunch tofu)
- Chili crunch oil - 1 1/2 tbsp (chili crunch tofu)
- Edamame - 1 cup (chili crunch tofu)

Spices & Seasonings

- Salt & pepper - to taste
- Red pepper flakes - 1 tsp (Gigi Hadid)
- Garlic powder - 1 tsp (taco meat) + 1/2 tsp (veggie bowls)
- Onion powder - 1/2 tsp (taco meat)
- Chili powder - 1 tsp (taco meat)
- Paprika - 1/2 tsp (taco meat) + 1/2 tsp smoked paprika (veggie bowls)
- Oregano - 1/4 tsp (taco meat)
- Cumin - 1 1/2 tsp (taco meat)

Produce

- Garlic - 2 cloves (Gigi Hadid)
- Shallot - 1 (Gigi Hadid)
- Mushrooms - 1 1/2 cups / 6 oz (walnut taco meat)
- Romaine lettuce - 4-6 cups (taco salad)
- Pico de gallo or diced tomatoes - 1/2 cup (taco salad)
- Avocado - 1 (1/2 taco salad + 1/2 chili crunch tofu)
- Lime - 1 (taco salad)
- Fresh cilantro - handful (taco salad + chili crunch tofu)
- English cucumber - 1/2 (chili crunch tofu)
- Green onions - 1/4 cup (chili crunch tofu)
- Butternut squash - 4 cups, cubed (veggie bowls)
- Broccoli - 1 large head (veggie bowls)
- Cauliflower - 1 small head (veggie bowls)
- Red onion - 1/2 medium (veggie bowls)
- Lemon - 1 (veggie bowls whipped feta)
- Fresh basil - for garnish (Gigi Hadid + pesto beans)

Tofu

- Extra-firm or super-firm tofu - 1 block (chili crunch)
- Cornstarch - 1 1/2 tbsp (chili crunch)
- Soy sauce - 1 1/2 tbsp (chili crunch)
- Toasted sesame oil - 1 tbsp (chili crunch)

Dairy & Refrigerated

- Parmesan - 1/2 cup (Gigi Hadid) + 1/2 cup (pesto beans)
- Feta cheese - 6 oz, crumbled (veggie bowls)
- Plain Greek yogurt - 1 cup (veggie bowls whipped feta)

Optional Add-Ons

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

Gigi Hadid Pasta

- Extra fresh basil - to garnish
- Extra parmesan - to serve

Vegan Taco Salad - Toppings

- Extra salsa, diced red onion, shredded cheese, cilantro

Vegan Taco Salad - Alternate Taco Meats

Instead of walnut meat, try:

- [Tempeh Taco Meat](#)
- [Tofu Taco Meat](#)

Creamy Pesto Beans

- Crusty bread - for serving (highly recommended!)
- Squeeze of lemon juice - to finish

Want homemade pesto? Try this [Homemade Basil Pesto](#).

Chili Crunch Tofu Bowls

- Rice or quinoa - to serve

Whipped Feta Veggie Bowls

- Quinoa, farro, or rice - to serve as a grain base
- Fresh herbs - parsley or dill, to garnish

Notes

- **Gigi Hadid Pasta** - Cook the tomato paste down until it darkens and sticks to the pan a bit - that extra 3 minutes makes a huge difference in flavor. Reserve pasta water before draining!
- **Vegan Taco Salad** - The walnut taco meat comes together in a food processor in under 5 minutes - don't skip it! Keep the dressing and toppings separate until ready to eat.
- **Creamy Pesto Beans** - Keep the heat low when making the sauce - if it simmers too aggressively, the cream can break. Add parmesan slowly and stir gradually.
- **Chili Crunch Tofu Bowls** - Tearing the tofu into chunks instead of cutting gives it more craggy edges and a crispier texture. Press well before cooking!
- **Whipped Feta Veggie Bowls** - Dry the chickpeas REALLY well before roasting for max crispiness. Roast everything in a single layer - use 2 sheet pans if needed.

Bonus Recipe: Grilled Halloumi

foodwithfeeling.com/grilled-halloumi-cheese-so-easy

Marinate for at least 1 hour before grilling. Great as an appetizer, salad topper, or side dish!

- Halloumi - 1 package (8-9 oz)
- Extra virgin olive oil - 2 tbsp
- Zaatar or Italian seasoning - 1/2 tbsp