

Food with Feeling

Meal Plan #56 - Grocery List

This Week's Recipes

- [Marry Me Lentils](#)
- [Vegetarian Chicken Noodle Soup](#)
- [Honey Garlic Tofu](#)
- [Roasted Sweet Potato Lentil Bowls](#)
- [Cauliflower Steaks with Beet Bean Puree](#)

Pantry

- Olive oil - ~1/4 cup + 3 tbsp
- Unsalted butter - 2 tbsp (marry me lentils)
- Cooked lentils - 4 cans (2 for marry me lentils + 2 for sweet potato bowls)
- Vegetable broth - 9 cups (1 cup marry me lentils + 8 cups noodle soup)
- Heavy cream - 1 cup (marry me lentils)
- Sun-dried tomatoes - 1/3 cup, chopped (marry me lentils)
- Tomato paste - 2 tbsp (marry me lentils)
- Soy curls - 15 oz (noodle soup)
- Better Than Bouillon veggie base - 1 tsp (noodle soup)
- Egg noodles - 4 cups dry, or pasta of choice (noodle soup)
- Soy sauce - 1/4 cup (honey garlic tofu)
- Honey - 1/3 cup (honey garlic tofu)
- Rice vinegar - 1 1/2 tbsp (honey garlic tofu)
- Toasted sesame oil - 1 tsp (honey garlic tofu)
- Cornstarch - 1 tsp (honey garlic tofu)
- All-purpose flour - 3 tbsp (honey garlic tofu coating)
- Sriracha - 1 tsp (honey garlic tofu)
- Rice - for serving with the honey garlic tofu
- Tahini - 1/3 cup + 3 tbsp (sweet potato bowl dressing + beet bean puree)
- Dijon mustard - 2 tbsp (sweet potato bowl dressing)
- Maple syrup - 2 tbsp (sweet potato bowl dressing)
- Apple cider vinegar - 1/4 cup (sweet potato bowl dressing)
- Cannellini beans - 2 cans (beet bean puree)
- Baby potatoes - 1 1/2 lbs (cauliflower steaks)

Spices & Seasonings

- Salt & pepper
- Chili flakes - 1 tsp (marry me lentils)
- Dried oregano - 1/4 tsp (marry me lentils) + 1 tsp (cauliflower steaks)
- Dried thyme - 1/4 tsp (marry me lentils) + 1/4 tsp (noodle soup)
- Dried rosemary - 1/2 tsp (noodle soup)
- Garlic powder - 1/2 tsp (noodle soup) + 1/2 tsp (honey garlic tofu) + 1 tsp (sweet potato bowls) + 1 tsp (cauliflower steaks)
- Onion powder - 1/2 tsp (honey garlic tofu) + 1/2 tsp (sweet potato bowls)
- Fine sea salt - 1 tsp (sweet potato bowls) + 2 tsp (cauliflower steaks)
- Cumin - 1/2 tsp (beet bean puree)

Produce

- Garlic - 11 cloves (3 marry me lentils + 5 honey garlic tofu + 3 beet bean puree)
- Fresh ginger - 1 tbsp, grated (honey garlic tofu)
- Yellow onion - 1 small (noodle soup)
- Celery - 2 stalks (noodle soup)
- Carrots - 3 medium (noodle soup)
- Bay leaf - 1 (noodle soup)
- Broccoli - 1 large head (honey garlic tofu)
- Sweet potatoes - 2 medium (sweet potato bowls)
- Cauliflower - 2 heads (1 sweet potato bowls + 1 cauliflower steaks)
- Kale - 1 bunch (sweet potato bowls)
- Lemons - 3 (kale massage + sweet potato bowl dressing + beet bean puree)
- Beets - 4 medium, pre-roasted (store-bought or roast your own)
- Fresh herbs - for garnish (marry me lentils)

Tofu

- Firm or extra-firm tofu - 1 block (honey garlic tofu)

Dairy & Refrigerated

- Parmesan - 1/2 cup, grated (marry me lentils)
- Plain yogurt - for drizzle (cauliflower steaks)

Optional Add-Ons

Extras, garnishes, and sides - grab what sounds good!

Marry Me Lentils

- Crusty bread - for scooping (highly recommended!)
- Extra parmesan - to top

Vegetarian Chicken Noodle Soup

- Lemon juice - a squeeze at the end brightens it
- Fresh parsley - to garnish
- Crackers or bread - for serving

Honey Garlic Tofu

- Sesame seeds - to garnish
- Spicy mayo - to drizzle

Sweet Potato Lentil Bowls

- Sour cream or Greek yogurt - 2 tbsp, for a creamier dressing

Cauliflower Steaks

- Fresh dill - to garnish
- Yogurt drizzle - thin plain yogurt with lemon and water
- Red pepper flakes - for extra heat

Buffalo Bean Dip (bonus)

- Tortilla chips, crackers, or veggie sticks - for dipping

Notes

- **Marry Me Lentils** - Don't skip deglazing after the garlic - those browned bits add so much flavor. Let the sauce simmer and thicken fully before serving.

- **Vegetarian Chicken Noodle Soup** - Soak soy curls in warm water + bouillon for 10 minutes before adding - this gives them a tender, chicken-like texture. Add lemon at the very end to brighten.

- **Honey Garlic Tofu** - The flour coating is what gives you that crispy exterior - don't skip it! Let the sauce thicken fully. Great with rice and steamed broccoli.

- **Sweet Potato Lentil Bowls** - Don't crowd the sheet pan - use 2 pans if needed. Add lentils halfway through roasting so they get crispy edges. Massage the kale for 2 full minutes!

- **Cauliflower Steaks** - Pre-roasted beets from the store are a great time saver here. The beet puree can be made up to 2 days ahead. Use 2 sheet pans so everything roasts instead of steams.

Bonus Recipe: Vegetarian Buffalo Bean Dip

foodwithfeeling.com/vegetarian-buffalo-bean-dip

Perfect for game day or a fun snack! Can be assembled a day ahead and baked when ready.

- Cannellini beans - 2 cans, drained and rinsed
- Cream cheese - 8 oz, cubed
- Ranch dressing - 1 cup
- Buffalo hot sauce - 1 cup (such as Frank's RedHot)
- Black pepper - 1/2 tsp
- Garlic powder - 1 tsp
- Green onions - 1/2 cup, chopped + extra for garnish
- Shredded mozzarella - 1 1/2 cups, divided
- Shredded cheddar - 1 1/2 cups, divided

Cannellini beans and garlic powder already on your list!