Food with Feeling

Meal Plan #60 - Grocery List

This Week's Recipes

- Chickpea Tikka Masala
- Vegan Taco Salad
- Pesto Gnocchi
- Vegan Lentil Soup
- Tofu Meatballs

Pantry

- Olive oil - ~3 tbsp (2 tbsp tikka masala + 1 tsp walnut taco meat)
- Soy sauce - 1 tbsp walnut taco meat + 1 tbsp tofu meatballs
- Tomato paste - 2 tbsp tikka masala + 2 tbsp tofu meatballs
- Diced tomatoes - 1 can, 14 oz (chickpea tikka masala)
- Coconut milk - 1 can, 14 oz (chickpea tikka masala)
- Vegetable broth - 1 cup tikka masala + 7 cups lentil soup
- Chickpeas - 2 cans, 15 oz each (chickpea tikka masala)
- Black beans - 1 can, 15 oz (vegan taco salad)
- Canned corn - 1/2 cup (vegan taco salad)
- Pico de gallo or salsa - 1/2 cup for salad + 1/3 cup for dressing
- Crushed tomatoes - 1 can, 15 oz (vegan lentil soup)
- Lentils - 2 cups dried brown or green (vegan lentil soup)
- Pesto - 1/2 to 3/4 cup, store-bought (pesto gnocchi)
- Gnocchi - 1 lb dried (pesto gnocchi)
- Breadcrumbs - 1/4 cup (tofu meatballs)
- Nutritional yeast - 1/4 cup (tofu meatballs)
- Walnuts - 1 1/2 cups (walnut taco meat)
- Tortilla chips - handful, crumbled (vegan taco salad)

Spices & Seasonings

- Salt & pepper
- Fine sea salt - 1 tsp tikka masala + 1 tsp lentil soup + 1/2 tsp tofu meatballs
- Garam masala - 2 tbsp (chickpea tikka masala)
- Turmeric - 1 tsp (chickpea tikka masala)
- Cumin - 1 tsp tikka masala + 1 1/2 tsp walnut taco meat + 1/2 tsp lentil soup
- Coriander - 1 tsp (chickpea tikka masala)
- Chili powder - 1/2 tsp tikka masala + 1 tsp walnut taco meat
- Paprika - 1/2 tsp (walnut taco meat)
- Oregano - 1/4 tsp (walnut taco meat)
- Garlic powder - 1/2 tsp walnut taco meat + 1/2 tsp tofu meatballs
- Onion powder - 1/2 tsp walnut taco meat
- Dried thyme - 1 tsp (vegan lentil soup)
- Curry powder - 1 tsp (vegan lentil soup)
- Bay leaves - 2 (vegan lentil soup)

Produce

- Garlic - 4 cloves tikka masala + 3 cloves lentil soup
- Onion - 1 medium (chickpea tikka masala) + 1 small white (tofu meatballs)
- Sweet onion - 1 medium (vegan lentil soup)
- Fresh ginger - 1 tbsp tikka masala
- Mushrooms - 1 1/2 cups, ~6 oz (walnut taco meat)
- Romaine lettuce - 4-6 cups (vegan taco salad)
- Avocado - 1/2 (vegan taco salad)
- Carrots - 2 medium (vegan lentil soup)
- Asparagus - 1 bunch, cut into 2" pieces (pesto gnocchi)
- Lemon - zest and juice of 1 (vegan lentil soup)
- Lime - 1 wedge for serving (vegan taco salad)
- Fresh cilantro - to top (chickpea tikka masala + taco salad)

Protein

- Extra-firm tofu - 1 block, pressed (tofu meatballs)
- Vegan sour cream - 1/3 cup (taco salad dressing)

Optional Add-Ons

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

Chickpea Tikka Masala

- Basmati rice or naan - for serving

Vegan Taco Salad

- Tempeh or tofu taco meat - alternative to walnut taco meat

Pesto Gnocchi

- Parmesan - to top

Vegan Lentil Soup

- Cream, coconut cream, or sour cream - drizzle to serve
- Crusty bread - for serving

Tofu Meatballs

- Veggie to serve with the meatballs
- Pasta or rice to serve with the meatballs
- Fresh herbs - 1/4 cup finely chopped
- Fresh garlic - 2-3 cloves, minced
- Hemp hearts - 1-2 tbsp
- Better Than Bouillon - 1 tsp
- Sweet & sour sauce - ketchup, soy sauce, cornstarch, brown sugar, water, apple cider vinegar, pineapple juice

Notes

- **Chickpea Tikka Masala -** Toast the spices in the oil for a full minute before adding anything else - this is what gives it that restaurant depth. Don't rush it. The sauce thickens as it sits, so add a splash of broth when reheating.
- **Vegan Taco Salad -** Make the walnut taco meat first - it comes together fast in a food processor. The dressing is just sour cream + salsa stirred together, so keep it simple. Build the salad right before serving so the chips stay crunchy.
- **Pesto Gnocchi -** Save 1/2 cup of the gnocchi cooking water before draining - stir it in with the pesto to make the sauce silky and help it cling. The asparagus goes in the last 2 minutes of cooking so it stays bright.
- **Vegan Lentil Soup -** No need to soak the lentils - they cook right in the broth. Add the lemon zest AND juice at the end; it brightens the whole pot. The soup thickens overnight, so add broth when reheating.
- **Tofu Meatballs -** Press the tofu really well - at least 20 minutes. The mixture should hold together when you squeeze it; if it's crumbly, the tofu needs more pressing. They crisp up beautifully in the air fryer.

Bonus Recipe: Peanut Butter Bars

foodwithfeeling.com/peanut-butter-bars

No-bake, 7 ingredients, and completely irresistible.

- Graham cracker crumbs - 1 cup
- Butter - 1 stick (1/2 cup), melted
- Powdered sugar - 1 cup
- Sea salt - 1/2 tsp
- Natural peanut butter - 1 cup
- Chocolate chips - 1 cup
- Coconut oil or butter - 1 tbsp, melted