JUNE MEAL PLAN 4

Day 1: Pesto Risotto // Side Salad + Balsamic Vinaigrette // Steamed Broccoli

Day 2: Alfredo Fettuccine // Peas // Side Salad

Day 3: Saag Paneer // Quinoa

Day 4: Veggie Burgers // Creamed Swiss Chard // Quinoa

Day 5: Botanas // Vegan Nacho Sauce // Guacamole

Cold Case

- ☐ almond milk 0.50 cup
- ☐ butter or coconut oil 4 tbsp
- ☐ firm tofu 16 oz
- ☐ milk (can sub non-dairy) 1 cup
- ☐ parmesan cheese (optional) 1 cup

Frozen

- ☐ veggie burger patties 4

Meat

- ☐ bacon (optional) 3 pieces

Pantry

- ☐ Arborio rice 2 cups
- ☐ balsamic vinegar 8 tbsp
- ☐ can corn 1 15 oz
- ☐ can diced green chilies 1 4 oz
- ☐ can diced tomatoes with green chiles 1 15 oz
- ☐ can full fat coconut milk 1 15 oz
- ☐ can refried or pinto beans* 2 15 oz
- ☐ cashew cream 1 tbsp
- ☐ Dijon mustard 2 tbsp
- ☐ fettuccine pasta 16 oz
- ☐ flour 4 tbsp
- ☐ full-fat canned coconut milk 0.50 cup
- ☐ honey or maple syrup (optional) 2 tsp
- ☐ nutritional yeast 1 tsp
- ☐ olive oil 1.50 cups + 2 Tbsp
- ☐ pine nuts 0.33 cup

☐ cashews	1.50 cups	☐ quinoa	2 cups
☐ coconut oil	1 tbsp	☐ vegetable stock	6 cups
☐ corn chips	14 oz		

Produce

☐ avocados	4	☐ large tomatoes (optional)	2
☐ bell peppers	2	☐ lime	1.25
☐ broccoli	2 heads	☐ onion	3
☐ cherry tomatoes	2 pt	☐ peas (fresh or frozen)	1 lb
☐ cilantro (optional)	1 bunch	☐ roma tomato	2
☐ cucumber	2	☐ Romaine lettuce	1 head
☐ garlic	9 cloves	☐ spinach	5 oz
☐ green leaf lettuce	1 head	☐ swiss chard	2 lb
☐ iceberg lettuce	1 head	☐ tomatoes	2

Spices

☐ basil leaves	2 cups	☐ kesuri methi (dried fenugreek leaves; optional)	1 tsp
☐ cayenne (optional)	0.25 tsp	☐ paprika	0.25 tsp
☐ coriander powder	1 tsp	☐ pepper	1.50 tsp
☐ cumin	0.50 tsp	☐ sage	0.50 tsp
☐ cumin seeds	1 tsp	☐ salt	5.75 tsp
☐ garam masala powder	1 tsp	☐ taco seasoning*	4 tsp
☐ ginger	2 inch	☐ thyme	0.50 tsp
☐ granulated garlic	0.25 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*