



# VEGETARIAN MEAL PLAN 1

Day 1: Black Bean + Corn Salsa Tacos // Cilantro Lime Rice // Creamy Coleslaw

Day 2: Spaghetti + Sauce // Steamed Carrots // Jalapeno Cheddar Biscuits

Day 3: Easy Double Bean Burgers with Avocado Basil Cream // Oven Roasted Potatoes

Day 4: Tuscan White Bean Skillet // Jalapeno Cheddar Biscuits

Day 5: Thai Pineapple Curry // Cilantro Lime Rice

## Cold Case

<input type="checkbox"/> almond milk	0.50 cup	<input type="checkbox"/> Greek yogurt	0.50 cup
<input type="checkbox"/> butter	4 tbsp	<input type="checkbox"/> parmesan cheese (optional)	1 oz
<input type="checkbox"/> cheddar cheese (optional)	1 cup	<input type="checkbox"/> shredded cheddar cheese (optional)	0.50 cup
<input type="checkbox"/> egg	1	<input type="checkbox"/> sour cream	0.67 cup
<input type="checkbox"/> egg white	1	<input type="checkbox"/> unsalted butter	10 tbsp

## Pantry

<input type="checkbox"/> baking powder	4 tsp	<input type="checkbox"/> lemon juice	4 tbsp
<input type="checkbox"/> can black beans*	3 15 oz	<input type="checkbox"/> lime juice	6 tbsp
<input type="checkbox"/> can cannellini beans*	3 15 oz	<input type="checkbox"/> olive oil	9 tbsp
<input type="checkbox"/> can corn	1 15 oz	<input type="checkbox"/> olives (optional)	0.50 cup
<input type="checkbox"/> can diced green chilies	4 oz	<input type="checkbox"/> Panko bread crumbs*	0.50 cup
<input type="checkbox"/> can fire roasted tomatoes	3 14.5 oz	<input type="checkbox"/> quartered artichoke hearts	1 (14.5 oz) can
<input type="checkbox"/> can full fat coconut milk	1	<input type="checkbox"/> salsa*	1 cup
<input type="checkbox"/> can garbanzo beans*	2 15 oz	<input type="checkbox"/> spaghetti noodles	16 oz
<input type="checkbox"/> can pineapple chunks	2 20 oz	<input type="checkbox"/> sugar	1 tsp
<input type="checkbox"/> cashews	0.50 cup	<input type="checkbox"/> sun-dried tomatoes	0.67 cup
<input type="checkbox"/> chipotle pepper sauce	2 tbsp	<input type="checkbox"/> tomato basil sauce*	24 oz
<input type="checkbox"/> chipotle peppers	2	<input type="checkbox"/> tortillas*	8

<input type="checkbox"/> flour	4 cups	<input type="checkbox"/> white rice	4 cups
<input type="checkbox"/> jasmine rice	2 cups	<input type="checkbox"/> whole grain buns*	4

## Produce

<input type="checkbox"/> avocado	1	<input type="checkbox"/> lettuce (optional)	1 cup
<input type="checkbox"/> avocados (optional)	2	<input type="checkbox"/> minced garlic	2 tsp
<input type="checkbox"/> baby carrots	1 lb	<input type="checkbox"/> mushrooms	8 oz
<input type="checkbox"/> bag coleslaw (no dressing)	1 16 oz	<input type="checkbox"/> onion	1
<input type="checkbox"/> bag shredded carrots	1 10 oz	<input type="checkbox"/> parsley (optional)	1/2 cup
<input type="checkbox"/> bell peppers (any color)	2	<input type="checkbox"/> poblano pepper	1
<input type="checkbox"/> cilantro	1 bunch + 8 tbsp	<input type="checkbox"/> russet potatoes	2 lb
<input type="checkbox"/> garlic	9 cloves	<input type="checkbox"/> sweet pepper	1
<input type="checkbox"/> hatch chile pepper (optional)	1	<input type="checkbox"/> sweet potatoes	1 lb
<input type="checkbox"/> jalapeno	5	<input type="checkbox"/> yellow onion	0.50 cup
<input type="checkbox"/> large onions	2		

## Spices

<input type="checkbox"/> basil paste or fresh chopped basil	3 tbsp	<input type="checkbox"/> onion powder	1.50 tsp
<input type="checkbox"/> bay leaf	2	<input type="checkbox"/> pepper	1.50 tsp
<input type="checkbox"/> chili powder	2 tsp	<input type="checkbox"/> pinch of pepper	
<input type="checkbox"/> cilantro paste or chopped fresh cilantro	3 tbsp	<input type="checkbox"/> red curry powder	3 tbsp
<input type="checkbox"/> crushed red pepper flakes (!)	1 tsp	<input type="checkbox"/> salt	8 tsp
<input type="checkbox"/> dried oregano	1 tsp	<input type="checkbox"/> smoked paprika	0.50 tsp
<input type="checkbox"/> garlic powder	2.50 tsp	<input type="checkbox"/> thyme	0.50 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.*