



## VEGETARIAN MEAL PLAN 2

Day 1: Instant Pot Vegetarian Chili // Cornbread Muffins // Side Salad + House Dressing

Day 2: Black Bean + Sweet Potato Enchilada Casserole // Sauteed Green Beans // Lime Crema

Day 3: Greek Chickpea + Couscous Salad // Cornbread Muffins

Day 4: Black Bean + Egg Migas // Taco Toppings // Simple Guacamole

Day 5: Butternut Squash Pasta Bake // Buttered Peas

### Cold Case

<input type="checkbox"/> butter	18 tbsp	<input type="checkbox"/> shredded cheese	1 cup
<input type="checkbox"/> butter or olive oil	2 tbsp	<input type="checkbox"/> shredded cheese (optional)	0.50 cup
<input type="checkbox"/> egg	10	<input type="checkbox"/> sour cream	8 oz
<input type="checkbox"/> feta cheese (optional)	1 cup	<input type="checkbox"/> sour cream (optional)	1.50 cups
<input type="checkbox"/> milk	1.50 cups	<input type="checkbox"/> unsalted butter	4 tbsp
<input type="checkbox"/> milk or cream or half + half	1 cup	<input type="checkbox"/> whole milk	3 cups
<input type="checkbox"/> Parmesan	4 oz		

### Frozen

<input type="checkbox"/> frozen corn	3 cups	<input type="checkbox"/> frozen peas	16 oz
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### Meat

<input type="checkbox"/> bacon	4 slices
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### Pantry

<input type="checkbox"/> all-purpose flour	2.50 cups	<input type="checkbox"/> corn tortillas*	12
<input type="checkbox"/> apple cider vinegar*	0.25 cup	<input type="checkbox"/> couscous	2 cups
<input type="checkbox"/> apple cider vinegar* (or white distilled)	1 tsp	<input type="checkbox"/> flour (any)	2 tbsp

<input type="checkbox"/> baking powder	2 tbsp	<input type="checkbox"/> flour tortillas*	12
<input type="checkbox"/> black olives	12	<input type="checkbox"/> honey	4 tbsp
<input type="checkbox"/> black olives (optional)	0.50 cup	<input type="checkbox"/> kalamata olives	1 cup
<input type="checkbox"/> broth or water	2 cups	<input type="checkbox"/> maple syrup	1 tsp
<input type="checkbox"/> can black beans*	3 (15 oz)	<input type="checkbox"/> mustard	2 tsp
<input type="checkbox"/> can chickpeas*	1 (15 oz)	<input type="checkbox"/> oil or butter	2 tbsp
<input type="checkbox"/> can diced green chilies	1 (4 oz)	<input type="checkbox"/> olive oil	0.25 cup + 7 tbsp
<input type="checkbox"/> can diced tomatoes	2 (15 oz)	<input type="checkbox"/> red wine vinegar	6 tbsp
<input type="checkbox"/> can fire roasted tomatoes	1 (14 oz)	<input type="checkbox"/> salsa*	2 cups
<input type="checkbox"/> can lentils*	1 (15 oz)	<input type="checkbox"/> sugar	0.50 cup
<input type="checkbox"/> can pinto beans*	1 (15 oz)	<input type="checkbox"/> tomato paste	4 tbsp
<input type="checkbox"/> chipotle peppers	1 can	<input type="checkbox"/> tortilla chips* (optional)	1 bag
<input type="checkbox"/> cocoa powder	2 tsp	<input type="checkbox"/> whole wheat flour	0.25 cup
<input type="checkbox"/> coconut oil	2 tbsp	<input type="checkbox"/> whole wheat pasta	1 lb
<input type="checkbox"/> corn meal	1.50 cups		

## Produce

<input type="checkbox"/> avocado	4	<input type="checkbox"/> jalapeno	2
<input type="checkbox"/> avocado (optional)	1	<input type="checkbox"/> jalapeno (optional)	1
<input type="checkbox"/> bell pepper (any)	3	<input type="checkbox"/> lettuce	1 head
<input type="checkbox"/> bell pepper (optional)	1	<input type="checkbox"/> lime	1.13
<input type="checkbox"/> bell pepper, green	1	<input type="checkbox"/> minced garlic	0.38 tsp
<input type="checkbox"/> bell pepper, red	1	<input type="checkbox"/> onion	3
<input type="checkbox"/> butternut squash	1	<input type="checkbox"/> onion (optional)	1
<input type="checkbox"/> cherry tomatoes	1 pt + 1 cup	<input type="checkbox"/> poblano pepper	3
<input type="checkbox"/> cilantro (optional)	1 bunch	<input type="checkbox"/> red onion	1
<input type="checkbox"/> collard greens	10 oz	<input type="checkbox"/> roma tomato	1
<input type="checkbox"/> cucumber	1	<input type="checkbox"/> Romaine lettuce	1 head
<input type="checkbox"/> English cucumber	1	<input type="checkbox"/> shredded carrots	2 oz
<input type="checkbox"/> garlic	14 cloves	<input type="checkbox"/> spinach	1 cup
<input type="checkbox"/> green beans	1 lb	<input type="checkbox"/> sweet potato	2 lb
<input type="checkbox"/> green onions (optional)	0.50 bunch	<input type="checkbox"/> tomato (optional)	0.50 cup
<input type="checkbox"/> hatch chile (optional)	1	<input type="checkbox"/> tomatoes (grape or cherry)	0.50 pt
<input type="checkbox"/> head cabbage or Romaine lettuce	4 cups		

## Spices

<input type="checkbox"/> basil	1 tsp	<input type="checkbox"/> nutmeg	0.50 tsp
<input type="checkbox"/> cayenne (!)	1.25 tsp	<input type="checkbox"/> onion powder	1 tsp
<input type="checkbox"/> cayenne (!) (optional)	0.25 tsp	<input type="checkbox"/> oregano	1.25 tsp
<input type="checkbox"/> chili powder	5 tbsp + 2 tsp	<input type="checkbox"/> paprika	1 tbsp + 0.5 tsp
<input type="checkbox"/> cinnamon	0.63 tsp	<input type="checkbox"/> pepper	2.25 tsp
<input type="checkbox"/> cumin	1.75 tsp	<input type="checkbox"/> rosemary	1 tbsp
<input type="checkbox"/> garlic powder	1.50 tsp	<input type="checkbox"/> salt	1 tbsp + 7 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.*