



vegetarian + gluten-free meal plan shopping list

tempeh tacos

**mexican-style pizza with
sweet potato crust**

30 minute vegetarian pho

**spinach basil pesto
& tomato grilled cheese**

**pizza quinoa stuffed
portabella mushrooms**

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 3 tbsp.)
- chili powder (about 2 tbsp.)
- ground cumin (about 1 1/2 tbsp.)
- garlic powder (about 1 tbsp.)
- onion powder (1 1/2 tsp.)
- dried oregano (2 1/2 tsp.)
- smoked paprika (1/2 tsp.)
- red pepper flakes
- cooking spray
- salt
- pepper

FRESH PRODUCE

- 4 jalapeño peppers
- 1 red onion
- 2 green bell peppers
- 1 sweet potato
- 1 bunch cilantro
- 2 avocados
- 3 limes
- 1 bunch green onions
- 6 oz. shiitake mushrooms
- 8 oz. bean sprouts
- 1 bunch fresh basil
- 1 garlic bulb
- 2 tomatoes
- 4 portabella mushrooms
- 2 c. baby spinach
- 1 lemon

REFRIGERATED GOODS & DAIRY

- shredded parmesan cheese (1/4 cup)
- shredded mozzarella cheese (about 3 c.)
- 1 (8 oz.) package tempeh
- 1 egg
- butter (about 1/3 cup)
- shredded mexican cheese blend (1/2 c.)

CANNED & JARRED GOODS

- diced tomatoes (1 c.)
- chipotle peppers (1 tsp.)
- canned black beans (1/2 cup)
- 1 (8 oz.) can tomato sauce
- liquid aminos (1/4 cup)
- hoisin sauce (about 1/4 cup)
- sesame oil (2 tsp.)
- vegetable broth (8 c.)
- jarred salsa (1 c.)

GRAINS, LEGUMES, PASTA & BULK

- quinoa (3/4 cup)
- walnuts (1/4 cup)
- rolled oats (3/4 cup)
- rice noodles (14 oz.)

EVERYTHING ELSE

- 1 loaf gluten-free bread
- 8 taco shells

get the meal plan online > [http:// omv.io/pagenf6d6](http://omv.io/pagenf6d6)