



vegetarian meal plan shopping list

spring mizuna pea pasta

**greek chickpea quesadillas
with homemade tzatziki**

**eggs benedict with avocado
and roasted red pepper**

**asparagus flatbread with garlic
cashew cream sauce**

firecracker cauliflower

THINGS YOU PROBABLY HAVE ON HAND

- crushed red pepper flakes
- whole wheat flour (1/2 cup)
- butter (about 3/4 cup)
- milk (3 tbsp.)
- olive oil (about 1/3 cup)
- red wine vinegar (1 tsp.)
- white vinegar (2 tbsp.)
- dried oregano (1/4 tsp.)
- cayenne pepper (pinch)
- garlic powder (1/2 tsp.)
- sweet paprika (1/4 tsp.)
- salt
- pepper

FRESH PRODUCE

- 4 shallots
- 4 lemons
- 3 radishes
- 1 avocado
- 2 bunches asparagus
- 1 bunch green onions
- 1 large cauliflower
- 1 bunch fresh dill
- 4 cups baby spinach
- 1 red onion
- 4 cups mizuna
- 1 1/2 cups shelled peas
- 1 garlic bulb
- 1 cucumber

REFRIGERATED GOODS & DAIRY

- feta cheese (about 1 1/2 cups)
- mozzarella cheese (about 1 1/2 cups)
- greek yogurt (1 1/2 cups)
- 1 dozen eggs

CANNED & JARRED GOODS

- 1 (16 oz.) jar roasted red peppers
- 1 (15 oz.) can chickpeas
- honey (1/2 cup)
- rice vinegar (2 1/4 tsp.)
- sriracha sauce (3 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- nutritional yeast (1/4 cup)
- whole wheat breadcrumbs (1 cup)
- whole wheat penne pasta (8 oz.)
- raw cashews (2 cups)
- rice (1 cup)

EVERYTHING ELSE

- 9 large whole wheat flour tortillas
- 4 whole grain naan
- 4 english muffins

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