



## vegetarian meal plan shopping list

**roasted strawberry and brie  
grilled cheese**

**balsamic roasted vegetable  
baked ziti**

**vegetarian pad see ew**

**spring nourish bowls**

**roasted asparagus and  
arugula pizza**

### THINGS YOU PROBABLY HAVE ON HAND

- butter (about 2 tbsp.)
- olive oil (about 1/3 cup)
- red pepper flakes (about 1 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 16 ounces strawberries
- 1 bunch fresh basil
- 2 cups baby arugula
- 2 large portabella caps
- 16 oz. bok choy
- 1 bunch scallions
- 1 cup bean sprouts
- 1 lime
- 2 bunches asparagus
- 4 turnips
- 2 cups sugar snap peas
- 3 radishes
- 1 bunch cilantro
- 2 red onions
- 1 lemon
- 1 red bell pepper
- 1 zucchini
- 1 broccoli crown
- 1 garlic bulb
- 1 piece fresh ginger
- 1 cup fresh English peas

### REFRIGERATED GOODS & DAIRY

- 5 oz. brie
- 3 ½ cups shredded mozzarella
- 2 oz. goat cheese
- 6 eggs
- 1 lb. refrigerated pizza dough
- 2 tbsp. white miso

### CANNED & JARRED GOODS

- 1 (28 oz.) can crushed tomatoes with basil
- honey (about ¼ cup)
- soy sauce (about 1/3 cup)
- balsamic vinegar (about 1 ¼ cups)
- rice vinegar (about 1/3 cup)
- grapeseed oil (1 tbsp.)
- toasted sesame oil (2 tbsp.)
- tahini (2 tbsp.)

### GRAINS, LEGUMES, PASTA & BULK

- 1 cup dry quinoa
- 12 oz. whole wheat penne pasta
- chopped peanuts (about ¼ cup)
- sesame seeds (1/4 cup)
- 8 oz. wide rice noodles

### EVERYTHING ELSE

- 1 loaf sandwich bread

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