

## vegetarian meal plan shopping list

**portabella mushroom  
fajitas**

**indian curried cauliflower  
& chickpea burritos**

**mushroom cannellini bean  
patty melts**

**southwestern style quiche with  
quinoa crust**

**savory waffles with roasted  
broccoli and cauliflower**

### THINGS YOU PROBABLY HAVE ON HAND

- all-purpose flour (1 ¼ cups)
- whole wheat flour (1/4 cup)
- baking powder (2 tsp.)
- olive oil (about ½ cup)
- ground cumin (2 tsp.)
- garlic powder (1/2 tsp.)
- garam masala (1 tbsp.)
- dried oregano (1/2 tsp.)
- smoked paprika (1 tsp.)
- red pepper flakes (1/4 tsp.)
- chipotle chile powder (1 1/2 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 3 limes
- 1 lemon
- 1 bunch cilantro
- 1 bunch fresh parsley
- 1 bunch scallions
- 4 portabella mushrooms
- 16 oz. baby bella mushrooms
- 4 onions
- 1 red onion
- 3 red bell peppers
- 1 garlic bulb
- 1 piece fresh ginger
- 2 cauliflower crowns
- 1 broccoli crown

### REFRIGERATED GOODS

- swiss cheese (4 slices)
- pepperjack cheese (about 8 oz.)
- sour cream (about 1 cup)
- 1 dozen eggs
- butter (about ½ cup)
- whole milk (about 1 ¼ cups)

### CANNED & JARRED GOODS

- 1 (14 oz.) can diced tomatoes
- 1 (15 oz.) can cannellini beans
- 1 (15 oz.) can black beans
- 1 (14 oz.) can chickpeas
- 1 (6 oz.) can tomato paste
- tamari or soy sauce (2 tbsp.)
- vegetarian worcestershire sauce (1 tsp.)
- 1 (14 oz.) can light coconut milk

### GRAINS, LEGUMES, PASTA & BULK

- basmati rice (1 cup)
- dry quinoa (1 cup)
- panko bread crumbs (1/2 cup)

### EVERYTHING ELSE

- 1 loaf rye bread
- 18 medium flour tortillas