



vegetarian meal plan shopping list

sweet & spicy mango fajitas

**chickpea & peanut thai tofu
tacos**

cabernet portabella burgers

**black bean & pepper jack stuffed poblano
peppers**

**one-pot lemon pasta with greens &
sundried tomatoes**

THINGS YOU PROBABLY HAVE ON HAND

- crushed red pepper flakes
- honey (1/2 tsp.)
- brown sugar (2 tsp.)
- soy sauce (1 tbsp.)
- butter (1 tbsp.)
- dried oregano (1/4 tsp.)
- ground coriander (1 tsp.)
- ground cumin (1/3 tsp.)
- vegetable oil (about 1/3 cup)
- salt
- pepper

FRESH PRODUCE

- 2 large heirloom tomatoes
- 2 red onions
- 2 jalapeno peppers
- 4 poblano peppers
- 1 bunch cilantro
- 1 bunch green onions
- 2 red bell peppers
- 1 small head purple cabbage
- 2 carrots
- 1 zucchini
- 2 mangoes
- 4 shallots
- 4 large portabella mushrooms
- 1 small bunch fresh rosemary
- 2 cups arugula
- 1 garlic bulb
- 3 cups swiss chard
- 2 lemons

REFRIGERATED GOODS

- pepper jack cheese (1 ½ cups)
- queso fresco (about ½ cup)
- 4 slices sharp cheddar cheese
- 1 (16 oz.) container extra firm tofu

CANNED & JARRED GOODS

- 1 (14 oz.) can crushed fire-roasted tomatoes
- jarred salsa (about 8 oz.)
- 2 (15 oz.) cans black beans
- 1 (15 oz.) can chickpeas
- 1 (8 oz.) jar marinated sundried tomatoes
- peanut sauce (1/3 cup)
- rice wine vinegar (1 tbsp.)
- vegetable broth (1 cup)

GRAINS, LEGUMES, PASTA & BULK

- cornmeal (3/4 cup)
- peanuts (about ½ cup)
- whole grain spaghetti (8 oz.)

EVERYTHING ELSE

- 10 corn tortillas
- 4 hamburger buns
- cabernet sauvignon (2 cups)
- 8 medium flour tortillas
- fajita seasoning mix (1 tbsp.)

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