



## vegetarian meal plan shopping list

**garden veggie freezer  
burritos**

**barbecue lentil bowls**

**jamaican jerk veggie  
burgers**

**orange chickpea broccoli  
stir-fry**

**smoked cheddar mac and cheese  
with barbecue tofu**

### THINGS YOU PROBABLY HAVE ON HAND

- molasses (2 tbsp.)
- maple syrup (1 tbsp.)
- all-purpose flour (1/4 cup)
- cornstarch (2 tsp.)
- olive oil (about 2/3 cup)
- allspice (1 tsp.)
- cinnamon (1/2 tsp.)
- dried thyme (1/2 tsp.)
- ground nutmeg (1/4 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 1 small zucchini
- 3 red bell peppers
- 2 broccoli crowns
- 1 tomato
- 1 yellow onion
- 1 red onion
- 1 garlic bulb
- 1 bunch fresh cilantro
- 1 bunch scallions
- 1 carrot
- 4 limes
- 2 oranges
- 1 piece fresh ginger
- 1 jalapeño pepper
- 1 habañero pepper
- 4 large portabella mushrooms
- 1 head red cabbage
- 4 cups baby kale
- 2 avocados

### REFRIGERATED GOODS

- monterey jack or pepper jack cheese (1 cup)
- smoked cheddar cheese (1 ½ cups)
- 1 (14 oz.) package extra-firm tofu
- reduced fat milk (2 cups)
- unsalted butter (1/4 cup)

### FROZEN GOODS

- frozen corn kernels (1/2 cup)

### CANNED & JARRED GOODS

- black beans (1/2 cup)
- 1 (15 oz.) can red kidney beans
- 1 (15 oz.) can chickpeas
- barbecue sauce (about 1 cup)
- soy sauce (about 1/3 cup)
- agave or honey (1 tbsp.)
- rice vinegar (1 tbsp.)
- vegetable broth (1 cup)

### GRAINS, LEGUMES, PASTA & BULK

- uncooked quinoa (about 2 ½ cups)
- dried green lentils (1 cup)
- rolled oats (1/4 cup)
- walnut pieces (1/4 cup)
- dried elbow macaroni (8 oz.)
- sesame seeds (about 1 tbsp.)

### EVERYTHING ELSE

- 4 burger buns
- 4 large flour tortillas

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