



## vegetarian meal plan shopping list

**carrot fritters with cumin  
lime cashew cream**

**grilled caprese naan  
pizza**

**swiss chard and gruyere  
strata**

**chipotle black bean quinoa burgers with  
sweet corn relish**

**blueberry corn panzanella with maple  
chipotle dressing**

### THINGS YOU PROBABLY HAVE ON HAND

- coconut oil (2 tbsp.)
- olive oil (about 1/2 cup)
- ground cumin (3 tsp.)
- onion powder (1 tsp.)
- smoked paprika (1/2 tsp.)
- sugar (1 tbsp.)
- salt
- pepper

### FRESH PRODUCE

- 5 medium carrots
- 1 bunch fresh cilantro
- 2 red onions
- 1 bulb garlic
- 1 tomato
- 1 small bunch green leaf lettuce
- 5 ears corn
- 1 yellow onion
- 1 jalapeno pepper
- 1 cup blueberries
- 1 avocado
- 2 cups arugula
- 1 bunch fresh basil
- 2 cups cherry tomatoes
- 1 large bunch swiss chard
- 3 limes

### REFRIGERATED GOODS

- 2 cups fresh mozzarella balls
- 2 cups grated gruyere cheese
- 1 cup grated parmesan cheese
- 1 dozen large eggs
- milk (2 ¾ cup)

### CANNED & JARRED GOODS

- 1 small can chipotle peppers in adobo sauce
- maple syrup (1 ½ tsp.)
- 1 (15 oz.) can black beans
- apple cider vinegar (3 tbsp.)
- balsamic vinegar (1/2 cup)
- smooth dijon mustard (2 tbsp.)

### GRAINS, LEGUMES, PASTA & BULK

- uncooked quinoa (1/2 cup)
- panko breadcrumbs (1/4 cup)
- raw cashews (1 cup)
- chickpea flour (1/2 cup)

### EVERYTHING ELSE

- 4 burger buns
- 4 naan
- 2 loaves multigrain bread (or 1 very large loaf)

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