

## vegetarian meal plan shopping list

**corn and zucchini galette**

**stuffed miso eggplant**

**summer vegetable skillet  
lasagna**

**potato, green bean, and goat cheese  
breakfast skillet**

**korean barbecue tofu bowls with stir-  
fried veggies and quinoa**

### THINGS YOU PROBABLY HAVE ON HAND

- dried parsley (1/2 tsp.)
- sugar (1 ½ tbsp.)
- soy sauce (about 1/3 cup)
- honey (3 tbsp.)
- ketchup (1/2 cup)
- olive oil (about 1/3 cup)
- rice vinegar (about 2/3 cup)
- sesame oil (about 3 tbsp.)
- dried basil (1/2 tsp.)
- red pepper flakes (1/4 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 2 red onions
- 3 zucchini
- 3 ears corn
- 1 garlic bulb
- 1 bunch fresh basil
- 2 large japanese eggplants
- 1 white onion
- 1 yellow onion
- 15 cherry tomatoes
- 1 bunch green onions
- 3 medium yukon potatoes
- 1 avocado
- 1 piece fresh ginger
- 1 broccoli crown
- 1 cup pineapple chunks
- 1 red pepper
- 9 ½ ounces green bean

### REFRIGERATED GOODS

- goat cheese (4 oz.)
- ricotta cheese (1/2 cup)
- shredded mozzarella cheese (1 ½ cups)
- 1 (8 or 9 in.) refrigerated pie crust
- 6 eggs
- 1 (15 oz.) package extra-firm tofu

### CANNED & JARRED GOODS

- 1 (28 oz.) can fire roasted tomatoes
- yellow miso paste (about ¼ cup)
- vegetable broth (1 cup)
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- sriracha sauce (1 tsp.)
- dijon mustard (1 tbsp.)

### GRAINS, LEGUMES, PASTA & BULK

- uncooked quinoa (1 cup)
- sesame seeds (about 2 tbsp.)
- raw walnut halves (1/2 cup)
- dried lasagna noodles (8 oz.)

### EVERYTHING ELSE

- mirin (1/2 tsp.)