

vegetarian meal plan shopping list

**zucchini parmesan
sandwiches**

sweet potato bibimbab

**caprese stuffed portabella
mushrooms**

**Pineapple fried rice with basil
and peanuts**

**sprouted quinoa black bean burgers
with pineapple salsa**

THINGS YOU PROBABLY HAVE ON HAND

- all-purpose flour (1/4 cup)
- milk (3 tbsp.)
- cooking spray
- olive oil (about 1/3 cup)
- vegetable oil (2 tbsp.)
- italian seasoning (2 tsp.)
- chili powder (1 tsp.)
- salt
- pepper

FRESH PRODUCE

- 2 medium zucchini
- 1 large bunch fresh basil
- 1 piece fresh ginger
- 1 bunch green onions
- 6 oz. shiitake mushrooms
- 1 large sweet potato
- 2 carrots
- bean sprouts (about 1 cup)
- 6 portabella mushrooms
- 1 cucumber
- 2 cups arugula
- 1 bulb fresh garlic
- 1 large pineapple
- 2 red bell peppers
- 1 jalapeño pepper
- 1 cup fresh strawberries
- 1 lime
- 1 small white onion
- 1 avocado

REFRIGERATED GOODS

- grated parmesan cheese (1/3 cup)
- 6 slices mozzarella cheese
- ciligine mozzarella balls (3/4 cup)
- vegetarian kimchi
- 6 eggs

FROZEN GOODS

- frozen shelled edamame

CANNED & JARRED GOODS

- chili garlic sauce (2 tsp.)
- sriracha sauce (1 tbsp.)
- 1 (14 oz.) can black beans
- jarred marinara sauce (1 cup)
- soy sauce (about 3/4 cup)
- balsamic vinegar (2 tbsp.)
- sesame oil (2 tbsp.)
- rice vinegar (1 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- brown rice (about 4 cups)
- quinoa (1/2 cup)
- panko breadcrumbs (3/4 cup)
- roasted peanuts (1/4 cup)
- sesame seeds

EVERYTHING ELSE

- 1 baguette
- 4 burger buns