



## vegetarian meal plan shopping list

**portabella banh mi bowls**

**pulled spaghetti squash  
tacos with avocado slaw**

**zucchini goat cheese puff  
pastry tart**

**freekeh bean burgers with harissa  
onions**

**breakfast tacos with scrambled eggs  
& kale**

### THINGS YOU PROBABLY HAVE ON HAND

- ☐ granulated sugar (1 tbsp.)
- ☐ olive oil (about 1/3 cup)
- ☐ vegetable oil (1 tbsp.)
- ☐ cooking spray
- ☐ ground cumin (2 tsp.)
- ☐ herbs de provence (1/2 tsp.)
- ☐ smoked paprika (1/2 tsp.)
- ☐ cayenne pepper
- ☐ red pepper flakes
- ☐ salt
- ☐ pepper

### FRESH PRODUCE

- ☐ 1 garlic bulb
- ☐ 4 medium carrots
- ☐ 1 small cucumber
- ☐ ½ cup radishes
- ☐ 12 oz. portabella mushrooms
- ☐ 2 medium red onions
- ☐ 1 small head red cabbage
- ☐ 1 small bunch fresh cilantro
- ☐ 1 (2 lb.) spaghetti squash
- ☐ 2 avocados
- ☐ 1 bunch scallions
- ☐ 1 small zucchini
- ☐ 1 cup baby spinach
- ☐ 1 medium red bell pepper
- ☐ 4 ounces fresh kale
- ☐ 1 bag salad mix
- ☐ 1 large orange
- ☐ 1 lime
- ☐ 1 lemon

### REFRIGERATED & FROZEN GOODS

- ☐ crumbled goat cheese (1/4 cup)
- ☐ unflavored soy or almond milk (1/4 cup)
- ☐ 5 eggs
- ☐ 1 sheet puff pastry

### CANNED & JARRED GOODS

- ☐ maple syrup (about 2 tbsp.)
- ☐ soy sauce (about ¼ cup)
- ☐ 1 (15 oz.) can pinto beans
- ☐ rice vinegar (1/4 cup)
- ☐ apple cider vinegar (about ¼ cup)
- ☐ low sodium vegetable broth (1/3 cup)
- ☐ liquid smoke (1/2 tsp.)
- ☐ salsa verde (2 cup)
- ☐ harissa (2 tsp.)
- ☐ mayonnaise (1/2 cup)
- ☐ sriracha sauce (1 ½ tsp.)

### GRAINS, LEGUMES, PASTA & BULK

- ☐ dried brown rice (2 cups)
- ☐ roasted peanuts (about 1/2 cup)
- ☐ pepita seeds (about ¼ cup)
- ☐ raw cashew pieces (3/4 cup)
- ☐ za'atar (1 tbsp.)
- ☐ cracked freekeh (about ½ cup)

### EVERYTHING ELSE

- ☐ 16 corn tortillas
- ☐ 4 burger buns

get the meal plan online > <http://omv.io/pagen423b>