



vegetarian meal plan shopping list

**sweet potato, pear, and leek
soup with spiced croutons**

**one-pan vegetable gnocchi
bake**

**brussels sprout tempeh soba
noodle skillet**

**apple cheddar pizza with caramelized
onions & walnuts**

**spinach, roasted garlic & butternut
squash grilled cheese sandwiches**

THINGS YOU PROBABLY HAVE ON HAND

- butter (about 3 tbsp.)
- olive oil (about ½ cup)
- curry powder (1 tsp.)
- paprika (1/2 tsp.)
- ground ginger (1/4 tsp.)
- garam masala (1/4 tsp.)
- salt
- pepper

FRESH PRODUCE

- 1 large yellow onion
- 1 apple (braeburn, fuji, or honeycrisp)
- 2 medium sweet potatoes
- 2 leeks
- 1 pear
- 2 garlic bulbs
- 1 piece fresh ginger
- 1 bunch fresh parsley
- 1 pint cherry tomatoes
- 2 zucchini
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 1 small butternut squash
- 1 lb. brussels sprouts
- 1 1/3 cups baby spinach

REFRIGERATED & FROZEN GOODS

- shredded aged cheddar cheese (1 cup)
- shredded pepper jack cheese (1 cup)
- ricotta cheese (8 oz.)
- unsweetened almond milk (1 cup)
- 1 (8 oz.) package tempeh

CANNED & JARRED GOODS

- maple syrup (2 tbsp.)
- tomato paste (1 tbsp.)
- soy sauce (3 tbsp.)
- rice vinegar (2 tbsp.)
- sesame oil (1 tbsp.)
- vegetable stock (4 cups)
- capers (1/4 cup)
- sriracha sauce (1 tsp.)

GRAINS, LEGUMES, PASTA & BULK

- chopped walnuts (2 tbsp.)
- gnocchi pasta (1 lb.)
- sesame seeds (1 tbsp.)
- soba noodles (8 oz.)

EVERYTHING ELSE

- 1 loaf italian bread
- 1 loaf sourdough bread
- 1 large prepared pizza crust

get the meal plan online > <http://omv.io/pagen57b3>