Vegetarian Meal Plan #2 Grocery List

Butternut Squash & Spinach Pasta Pie • Sweet Potato Quinoa Chili • Vegetarian Minestrone Soup • Red Lentil & Chickpea Curry with Potatoes & Peas • Brussels Sprouts Pita Pizzas

Fruits, Veg, & Herbs

- [ ] Onions (2 yellow, 1 small sweet)
- [ ] Carrots (2)
- [ ] Celery (1 stalk)
- [ ] Garlic (1 head)
- [ ] Yukon Gold potatoes (6 med.)
- [ ] Zucchini (1 small)
- [ ] Baby spinach (large tub)
- [ ] Butternut squash (1 small)
- [ ] Cilantro (1 small bunch)
- [ ] Parsley (1 small bunch)
- [ ] Green bell pepper (1)
- [ ] Jalapeno pepper (1)
- [ ] Sweet potatoes (2)
- [ ] Brussels sprouts (1/2 lb.)
- [ ] Baby arugula (1 small pkg)
- [ ] Lemon
- [ ]
- [ ]
- [ ]
- [ ]

Dairy & Eggs

- [ ] Parmesan wedge (with rind)
- [ ] Eggs (1)
- [ ] Ricotta cheese (1 c.)
- [ ] Mozzarella cheese (2 c.)
- [ ] Sour cream (for topping chili)
- [ ]
- [ ]
- [ ]

Pantry Items

- [ ] Olive oil
- [ ] Vegetable broth (8 cups)
- [ ] Fire-roasted diced tomatoes (3 15 oz. cans)
- [ ] Kidney beans (1 [15-oz] can)
- [ ] Penne pasta (1 16-oz. package)
- [ ] Split red lentils (1 c.)
- [ ] Chickpeas (1 [15 oz.] can)
- [ ] Lite coconut milk (1 [15-oz] can)
- [ ] Quinoa (2 c.)
- [ ] Black beans (2 [15-oz] cans]
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Spices/Seasonings

- [ ] Salt & pepper
- [ ] Crushed red pepper flakes
- [ ] Dried thyme (1/2 t.)
- [ ] Curry powder (1 T.)
- [ ] Cayenne pepper (1/4 t. +)
- [ ] Chili powder (1 T.)
- [ ] Ground cumin (2 t.)
- [ ] Smoked paprika (1/4 t.)

Other

- [ ] Frozen peas (1 c.)
- [ ] Cocoa powder (1 T.)
- [ ] Pitas (4)
- [ ] Sourdough bread (1 loaf)