

# Vegetarian Meal Plan 1

<p>Monday: <a href="#">Pad Thai</a> \$8.53</p>	<p style="text-align: center;"><u>Produce</u></p> <p>Garlic (5 cloves) Bean Sprouts (1 cup) Red Beall Pepper (2) Green Onion (5) Lime (2) Cilantro (2 bunches) Avocado (2) Spinach Leaves (2 cups) Sweet Onion (1/4 cup) Cherry Tomatoes (1 ½ cup) Lemon (1) Red Cabbage (1 heaping cup) Red Onion (1/4 cup) Carrot (1 Cup) Grated Ginger (2 tsp.)</p>	<p style="text-align: center;"><u>Refrigerated</u></p> <p>Eggs (2) Shredded Mexican Blend Cheese (1/2 cup) Edamame (1 cup) Taco Toppings (Shredded Cheese, Sour cream) Extra Firm Tofu (8 oz.)</p>	<p style="text-align: center;"><u>Spices</u></p> <p>Onion Powder Garlic Powder Chili Powder Cumin Salt and Pepper</p>
<p>Tuesday: <a href="#">Instant Pot Lentil Tacos</a> \$3.66</p>		<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Oil (3 Tbs.) Soy Sauce (4 Tbs.) Brown Sugar (5 Tbs.) Rice Vinegar (2 Tbs.) Creamy Peanut Butter (1/4 cup and 2 Tbs.) Olive Oil (3 Tbs.) Sugar Dijon Mustard (2 tsp) Honey (1 Tbs.) Red Wine Vinegar (1 Tbs.) Sesame Oil (1 tsp)</p>	<p style="text-align: center;"><u>Cans and Jars</u></p> <p>Salsa (1 cup) Vegetable broth (4 cups) Diced Tomatoes (14.5 oz. can) Olives (small can) Refired Beans (16 oz. can) Chickpeas (15 oz. can)</p>
<p>Wednesday: <a href="#">Crispy Bean &amp; Cheese Burritos</a> \$3.76</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Corn or Flour Tortillas for Tacos Flour Tortillas (6-8 medium for burritos) Penne ( 1 ½ cups)</p>	<p style="text-align: center;"><u>Other</u></p> <p>Flat Rice Noodles (8 oz) Dry Roasted Peanuts (1/2 cup) Fish Sauce (3 Tbs.) Sriracha Hot Sauce (1 1/3 Tbs.) Dry Lentils (2 cups) Quinoa (3/4 cups) Cashew Halves (1/2 cup)</p>	
<p>Thursday: <a href="#">Spinach Avocado Pasta Salad</a> \$7.63</p>		<p>Friday: <a href="#">Thai Quinoa Salad</a> \$7.56</p>	

**Weekly Total- \$31.14**