



PANTRY STAPLES GROCERY GUIDE

PROTEIN

eggs (12)
hummus

PRODUCE

bananas (6)
apples (6)
avocado (3)
zucchini (2)
sweet potatoes (3)
kale
spaghetti squash (2)
red cabbage (1 head)
red peppers (2)
snow peas (2 cups)
carrots
celery
garlic
ginger
onion (3)
red onion (1)
mushrooms
lemons (3)
limes (2)

CAN / CONDIMENTS

1 can fire roasted tomatoes
1 can chickpeas
lentils
rice noodles
rice cakes
peanut butter
almond butter
tahini
oats
almond flour

DAIRY

almond milk

EXTRA

olive oil
vegetable broth (2)
red wine
maple syrup / honey
coconut aminos / soy sauce
cinnamon
nutmeg
vanilla extract
garlic powder
rosemary
oregano
paprika
bay leaves
salt
pepper
cinnamon
nutmeg

FROZEN

edamame
frozen bread
frozen spinach
frozen berries

ON THE MENU

breakfast: banana bread oat
bake, zucchini/onion/kale egg
cups, overnight oats

entrees: spaghetti squash lentil
bolognese, vegetable pad thai,
chickpea “tuna” salad

snacks: celery / apple with
almond butter butter, rice cakes
/ toast with peanut butter,
carrots / celery / cucumber with
hummus, smoothies with frozen
berries / spinach + banana
+ almond milk + nut butter,
overnight oats topped with
frozen berries + almond butter



MEAL PLAN

MONDAY

breakfast: banana bread oat bake with almond butter

snack: sweet potato fries with pb

lunch: veggie pad thai + avocado + apple

snack: carrots and celery with hummus

dinner: lentil bolognese with spaghetti squash

TUESDAY

breakfast: egg cups with avocado + apple

snack: red bell pepper mixed with chickpea "tuna"

lunch: lentil soup with avocado

snack: banana bread oat bake with almond butter

dinner: veggie pad thai + avocado + apple

WEDNESDAY

breakfast: smoothie - banana, frozen berries, almond milk, peanut butter

snack: apple with almond butter

lunch: lentil bolognese with spaghetti squash

snack: egg cups with avocado

dinner: veggie pad thai + avocado + apple



MEAL PLAN

THURSDAY

breakfast: banana bread oat bake with almond butter

snack: sweet potato fries with mashed avocado

lunch: kale salad with chickpea “tuna”, sliced red bell pepper, and hummus

snack: veggie egg cups

dinner: lentil bolognese with spaghetti squash

SWEET POTATO FRIES

ingredients

3 sweet potatoes

1 tbsp avocado oil / olive oil

spices of choice: salt, pepper, garlic powder, paprika, nutritional yeast are my go-tos

CHICKPEA “TUNA” MASH

ingredients

1 can chickpeas

1 tbsp tahini

1 tbsp olive oil

juice of 1 lemon

1/4 cup chopped red onion,

1/4 cup chopped celery

FRIDAY

breakfast: smoothie with frozen spinach, banana, mixed berries, peanut butter, almond milk

snack: veggie egg cups

lunch: lentil bolognese with spaghetti squash

snack: banana bread oat bake with almond butter

dinner: veggie pad thai + avocado + apple

instructions

Preheat oven to 375F. Slice sweet potatoes into wedges. Cover with oil and spices. Bake for 45min-1 hour, until soft.

instructions

Blend chickpeas, tahini, olive oil, lemon juice and spices in food processor and pulse until dough forms. Fold in celery and red onion. If too dry, add in 1 tsp at a time more of either tahini or mayo.

BANANA BREAD OAT BAKE

ingredients

2 cups oats
1 cup almond flour
1/2 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp baking powder
pinch of sea salt
3 eggs (or flax eggs of vegan modification)
1/4 cup maple syrup
1/2 cup almond milk
1/2 tsp vanilla extract
4 overripe bananas

instructions

Preheat oven to 350F. Combine dry ingredients (oats, almond flour, baking powder, salt, and spices). In a separate bowl, combine wet ingredients: almond milk, eggs, maple syrup, and vanilla extract. With a mixer, combined 3 overripe bananas. Pour into lined baking tray. Bake for 25-30 min, until top is firm and baked throughout. Extra banana sauteed in coconut oil then plopped on top.

KALE ZUCCHINI EGG CUPS

1 onion, diced
2 zucchinis, chopped
2 cups kale
olive oil / spices (salt, pepper, garlic powder, paprika, dried rosemary, oregano, and thyme)
9 eggs

Instructions: Preheat oven to 350F. Line cupcake tray with liners. Saute onion and zucchini until wilted. Add kale and saute for another 2 minutes. Whisk together eggs with spices. Combine egg mixture with vegetables. Pour into cupcake liners. Bake for 20-25 minutes.

LENTIL BOLOGNESE

ingredients

2 spaghetti squash
2 cups lentils, cooked
4 carrots, peeled and sliced
4 stalks celery, sliced
3 cloves garlic, minced
1 onion, diced
1/2 cup mushrooms, sliced
2 bay leaves
1 tsp dried oregano
1 tsp dried basil
salt and pepper
juice of 1/2 lemon
1 cup vegetable broth
1/2 cup red wine
fire roasted diced tomatoes (1 can)

instructions - cook lentils according to instructions. add carrots, celery, onion, mushrooms, and garlic into a pan and cook until fragrant and translucent. ~15 minutes. add in tomatoes, broth, wine, cooked lentils, and spices. Saute on low and reduce for ~20 minutes.. Serve over spaghetti squash.

VEGGIE PAD THAI

ingredients

4 oz rice noodles
4 cups vegetable broth
1/2 cup peanut butter
1/4 cup coconut aminos or soy sauce
juice of 1 lime
2 tsp minced ginger
3 cloves garlic, minced
4 cups red cabbage, shredded
3 large carrots, shredded
1 pepper, chopped
2 cups snow peas
2 cups frozen edamame

instructions: put all in crockpot and cook on high 2 hours