



PANTRY STAPLES GROCERY GUIDE

PROTEIN

eggs (6)
hummus

PRODUCE

bananas (6)
apples (6)
avocado (3)
red bell pepper (2)
spinach (1 bag)
onion (3)
carrots (1 bundle)
celery (1 bundle)
mushrooms (2 packages)
garlic

DAIRY

almond milk

CAN / CONDIMENTS

pasta
brown lentils
1 can tomato sauce
1 can full fat coconut milk
arborio rice
rice cakes
almond butter
chia seeds
tahini
oats
hot sauce
mustard

EXTRA

olive oil
balsamic vinegar
vegetable broth (2 lg package)
maple syrup / honey
cinnamon
nutmeg
vanilla extract
garlic powder
chili powder
paprika
bay leaves
salt
pepper
turmeric

FROZEN

frozen bread
frozen kale
frozen blueberries

ON THE MENU

breakfast: apple pancakes
sweet potato breakfast bowls,
blueberry pie overnight oats
entrees: creamy roasted
red pepper pasta, vegan
mushroom risotto, lentil sloppy
joes
snacks: toast with hummus /
avocado / almond butter, celery
/ apple with almond butter,
carrots / celery with hummus



MEAL PLAN

MONDAY

breakfast: apple pancakes

snack: blueberry pie overnight oats

lunch: creamy roasted red pepper pasta

snack: carrots and celery with hummus + banana

dinner: mushroom risotto

TUESDAY

breakfast: sweet potato breakfast bowl

snack: blueberry banana smoothie (1 banana, 1/4 cup frozen blueberries, 1/2 cup frozen kale, 1 tbsp almond butter, dash of cinnamon, 1-2 cups almond milk)

lunch: lentil sloppy joes

snack: toast with hummus, salt, pepper, and paprika + apple

dinner: creamy roasted red pepper pasta

WEDNESDAY

breakfast: blueberry pie overnight oats + banana

snack: mashed sweet potato with blueberries and almond butter + cinnamon

lunch: mushroom risotto

snack: toast with hummus, salt, pepper, and paprika + apple

dinner: lentil sloppy joes



MEAL PLAN

THURSDAY

breakfast: apple pancakes

snack: mashed sweet potato with banana, almond butter, and cinnamon

lunch: creamy roasted red pepper pasta

snack: blueberry banana smoothie (1 banana, 1/4 cup frozen blueberries, 1/2 cup frozen kale, 1 tbsp almond butter, dash of cinnamon, 1-2 cups almond milk)

dinner: mushroom risotto

APPLE PANCAKES RECIPE FROM [COOKIES AND KATE](#)

ingredients

- 1 cup apple sauce
- 1 cup old-fashioned oats (gluten free if necessary)
- 1 egg
- 2 tablespoons coconut oil or butter, melted
- 1 tablespoon baking powder
- 1 teaspoon maple syrup or honey
- 1 teaspoon vanilla extract

BLUEBERRY OVERNIGHT OATS

ingredients

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 cup almond milk
- 1/2 cup frozen blueberries
- 2 tsp maple syrup

FRIDAY

breakfast: sweet potato breakfast bowl

snack: blueberry pie overnight oats

lunch: lentil sloppy joes

snack: celery with almond butter and cinnamon + banana

dinner: creamy roasted red pepper pasta

instructions

Place all the ingredients except for the grated apple in your blender. Blend until the batter is completely smooth (as in, you shouldn't see any remaining bits of oats or hear oats hitting the blades), pausing to scrape down the sides as necessary. Stir in 1 cup grated apple

instructions

Combine all in large bowl and whisk well. Add spices: 1/4 tsp cinnamon, 1/4 tsp vanilla extract, and pinch of sea salt. Let soak overnight. Top with almond butter.

VEGAN MUSHROOM RISOTTO RECIPE FROM [TWO SPOONS](#)

ingredients

1 onion (about. 250g)
3 cloves garlic
2 tbsp coconut oil
pinch sea salt
1 1/2 cup arborio rice
5 cups vegetable broth
1/2 cup nutritional yeast
16 oz cremini mushrooms (1 small box)
2 tbsp coconut oil
pinch sea salt
1 tbsp balsamic vinegar

instructions

Dice onion and garlic and add to large pot with coconut oil and sea salt. Saute until onion turns translucent (approx. 10 mins). Pour in rice and toast until grains become lightly perfumed. Then pour in vegetable broth and cook for 20-30 minutes, stirring often until risotto is desired texture. Add nutritional yeast. While risotto is cooking, cook your balsamic mushrooms. Cook mushrooms (approx. 10 mins). Then reduce heat to low and add balsamic vinegar, cook for another 2-3 minutes. Add to rice.

SWEET POTATO BREAKFAST BOWLS

2 sweet potatoes
4 eggs
1 avocado
2 cups spinach
1 clove garlic
Salt and pepper

Instructions: Roast sweet potatoes at 350F for about an hour. Peel and mash. Reserve mashed potatoes in fridge and top with desired toppings in the morning: sauteed spinach and garlic, soft boiled egg, and 1/4 avocado.

ROASTED RED PEPPER PASTA

ingredients

1 package pasta of choice (I used chickpea)
2 red bell peppers
1/2 can full fat coconut milk
1 onion, diced
3 cloves garlic
1/4 tsp paprika
salt and pepper to taste
optional add-ins for pasta: kale, zucchini
Dice bell peppers and onions and sauté until they become fragrant, about 5-7 minutes. Add in diced garlic. Season with salt and pepper. Remove from heat and transfer to blender. Add coconut milk and remaining spices. Blend until smooth.

LENTIL SLOPPY JOES FROM [SIMPLY QUINOA](#)

ingredients

1 cup finely chopped carrots
1 cup finely chopped mushrooms
1 cup finely chopped onions
2 garlic cloves minced
1 1/2 cups brown lentils
1 8oz can tomato sauce
1/2 cup organic ketchup I used agave sweetened
2 tablespoons maple syrup
2 tablespoons hot sauce
2 tablespoons mustard
1 tablespoon chili powder
1 teaspoon paprika
Pinch of salt & pepper
3 - 4 cups vegetable broth

Instructions

Add everything into the slow cooker, starting with 3 cups of broth. Stir to combine, cover and set to high. Cook on high for 2 - 3 hours (or low for 4 - 6).