

Vegetarian Summertime Menu Plan

Week 2

Grilled Veggie Quesadillas

Super Easy Guacamole

Bean Burgers with Avocado Cream

Garlic Parmesan Fries with Spicy Aioli

All-in-One Caprese Pasta

Skinny Taco Salad

Curried Garbanzo Beans and Quinoa

Tomato, Cucumber, & Avocado Salad

Easy Thai Kale & Coconut Stir Fry

Sweet Corn & Cilantro Soup

Tomato Phyllo Pie

Blueberry Baked Oatmeal

Fruit Salsa with Sweet Cinnamon Chips

Vegetarian Summertime Shopping List – Week 2

FRESH PRODUCE:

6 zucchini
6 yellow squash
5 large Portobello mushrooms
5 red bell peppers
4 small red onions
3 medium white onions
8 medium avocados
1 small yellow onion
9 tomatoes
3 packages grape tomatoes
1 head romaine lettuce
1 cup snow peas
1 large carrot
1 poblano pepper
2 cucumbers
1 medium bunch of kale
1 package rainbow slaw
20 garlic cloves
2 lemons
6 limes
2 large oranges (for fresh juice)
5 kiwis
½ lb. raspberries
1 lb. strawberries
2 Granny Smith apples

FRESH HERBS:

5 c. cilantro
1 large bunch basil
¾ c. parsley

DRIED HERBS & SEASONINGS:

1 T. cumin
1½ t. chili powder
½ t. smoked paprika
½ t. onion powder
2 t. garlic powder
¼ t. cayenne pepper
½ t. garlic salt
¼ t. crushed red pepper flakes

1 t. yellow curry powder
2½ T. ground cinnamon

PANTRY ITEMS:

Extra virgin olive oil
2 t. Dijon mustard
2 T. balsamic vinegar
2 T. red wine vinegar
3 T. red curry paste
¼ c. sugar-free strawberry preserves
2 t. Sriracha sauce
2 t. reduced-sodium soy sauce
2 t. real vanilla extract
2 t. baking powder
½ c. real maple syrup
2/3 c. honey
1/3 c. white sugar
¼ c. coconut oil
28-oz. coconut milk
¾ c. unsweetened coconut flakes

NON-PERISHABLE ITEMS:

½ c. panko bread crumbs
3 c. whole-wheat penne pasta
3 c. quinoa, cooked
2 c. brown rice, cooked
3 c. old-fashioned oats

CANNED/BOTTLED ITEMS:

½ c. prepared pesto
1 15-oz. can black olives
2 15-oz. can black beans
1 15-oz. can white beans
4 c. organic vegetable broth
1 15-oz. chickpeas/garbanzo beans

REFRIGERATED ITEMS:

1½ c. buttermilk
4 c. mozzarella cheese, shredded
2 c. fresh mozzarella
6 eggs
1 c. plain Greek yogurt
½ c. Parmesan cheese, freshly grated
1 c. sharp cheddar cheese, shredded
10 oz. Feta cheese

1 c. unsalted butter
2 c. unsweetened almond milk

FROZEN ITEMS:

6 c. frozen corn kernels
2 phyllo sheets
1½ c. blueberries
1 pint vanilla bean ice cream

BAKERY/BREAD:

6 large whole-grain tortillas
9 10-inch flour tortillas
1 c. tortilla strips
6 whole grain buns