MEAL PLAN #1

Click on the recipe name to be redirected to the page. The recipes are printable.
Feel free to divide the recipe by two if you are less people than indicated or keep the leftovers for lunch. It's up to you to either prepare everything at once or prepare each day. Each recipe is time efficient.
This is a plant-based menu. Omit or replace anything that doesn't fit into your diet.
Lunch staples are ingredients suggested to have on hand to make easy lunch boxes. These are not included in the grocery list.

MONDAY

Spiced Lentils Stew

TUESDAY

Creamy Grain Bowl

WEDNESDAY

Shakshuka

THURSDAY

Mediterranean Vegetables
Gluten-Free Pasta

LUNCH STAPLES

Cooked grain
Beans (black/ kidney...) in can
Tempeh
Gluten-free pasta
Chickpea flour tortilla

Sautéed mushrooms
Tomatoes
Cucumber
Sautéed eggplant
Zucchini noodles

YOUR SHOPPING LIST

VEGETABLES

- ❑ 2 onions
- ❑ 7 garlic cloves
- ❑ 3 lb. mushrooms
- ❑ 4 red bell peppers
- ❑ 2 orange bell peppers
- ❑ 1 yellow bell pepper
- ❑ Raw spinach
- ❑ Chestnuts
- ❑ 2 zucchinis
- ❑ 1 eggplant
- ❑ ½ lb. cherry tomatoes
- ❑ 1 lime

SPICES & HERBS

- ❑ Fresh basil
- ❑ Fresh cilantro (optional)
- ❑ Fresh parsley (optional)
- ❑ Cumin
- ❑ Paprika
- ❑ Pink Himalayan Salt
- ❑ Pepper
- ❑ Thyme
- ❑ Oregano

OILS & CONDIMENTS

- ❑ Olive Oil
- ❑ Avocado Oil
- ❑ Harissa
- ❑ Tomato paste
- ❑ Mustard

FRESH

- ❑ Non dairy milk

PANTRY

- ❑ 1 can kidney beans
- ❑ 2 28 oz. can tomato, crushed
- ❑ Dried lentils
- ❑ Quinoa
- ❑ Pine nuts
- ❑ 1 lb. gluten-free pasta

PROTEIN

- ❑ Eggs
- ❑ Tofu

INGREDIENTS BROKEN DOWN BY RECIPE

LENTILS STEW

- ❑1 cups dried lentils
- ❑1 can kidney beans, drained and rinsed
- ❑1 onion, diced
- ❑2 garlic cloves, minced
- ❑1 large can crushed tomatoes
- ❑1 tbsp. cumin
- ❑2 tbsp. paprika
- ❑1 lb. wild mushrooms (bella or crimini mushrooms), rinsed
- ❑2 pinches salt and pepper
- ❑1 tbsp. cayenne pepper (optional)

CREAMY GRAIN BOWL

- ❑2 cups raw spinach, rinsed
- ❑2 cups cooked quinoa (or your favorite grain)
- ❑1 lb mushrooms, rinsed
- ❑1 cup non dairy milk
- ❑2 garlic cloves, minced
- ❑1 cup chestnut, peeled and ready to eat (optional)
- ❑1 tsp cumin
- ❑1 tbsp mustard

SHAKSHUKA

- ❑3 red bell peppers
- ❑1 orange bell pepper
- ❑1 large roasted tomato can crushed
- ❑1 onion
- ❑1 tbsp oil
- ❑2 garlic cloves
- ❑1 tbsp tomato paste
- ❑1 tbsp of harissa (or more if you like spicy)
- ❑1 tsp cayenne pepper (or more if you like spicy)
- ❑1 tsp of cumin
- ❑1 tbsp of smoked paprika
- ❑Salt & pepper to taste
- ❑3 eggs (or more) - feel free to replace by tofu for vegan option
- ❑Herbs (optional, basil, parsley, cilantro)

VEGETABLES PASTA

- ❑2 zucchinis, sliced in half-moons
- ❑1 eggplant, cubed or sliced
- ❑1 red pepper, sliced
- ❑1 yellow pepper, sliced
- ❑1 orange pepper, sliced
- ❑1⁄2 cherry tomatoes
- ❑1 cup basil leaves
- ❑1 lb. wild mushrooms
- ❑1⁄4 cup pine nuts
- ❑1 lb gluten-free pasta