

5-Day Spring Time Vegetarian Meal Plan



MONDAY

Radish Salad
& Parsnip Soup
Serves 4

TUESDAY

Asparagus
Noodles
Serves 2

WEDNESDAY

Egg White
Frittata
Serves 4

THURSDAY

Tabbouleh
& Hummus
Serves 4

FRIDAY

Lemony Arugula
Grain Bowls
Serves 4

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Radishes (1 bunch) <input type="checkbox"/> English Cucumbers (2) <input type="checkbox"/> Sliced Mushrooms (2 cups) <input type="checkbox"/> Brussels Sprouts (15) <input type="checkbox"/> Asparagus (1 lb) <input type="checkbox"/> Parsnips (2) <input type="checkbox"/> Roma Tomato (1) <input type="checkbox"/> Shredded Carrots (1 cup)* <input type="checkbox"/> Lemons (2) <input type="checkbox"/> Garlic (5 cloves) <input type="checkbox"/> Arugula (4 handfuls) <input type="checkbox"/> Spinach (2 handfuls) <input type="checkbox"/> White Onion (1) <input type="checkbox"/> Green Onions (2) <input type="checkbox"/> Chives (1 bunch) <input type="checkbox"/> Parsley (3 cups, chopped) <input type="checkbox"/> Fresh Mint (¼ cup)	<input type="checkbox"/> Egg Whites (2 cups, or about 12 eggs) <input type="checkbox"/> Milk (1 ¼ cup) <input type="checkbox"/> Plain Yogurt (½ cup) <input type="checkbox"/> Feta (¾ cup, cubed) <input type="checkbox"/> Parmesan (½ cup, grated) <input type="checkbox"/> Gouda Cheese (2 cups)* <input type="checkbox"/> Hummus (1 tub)	<input type="checkbox"/> Pesto (¼ cup) <input type="checkbox"/> Vegetable Broth (2 cups) <input type="checkbox"/> White Beans (1 can) <input type="checkbox"/> Navy Beans (1 can) <input type="checkbox"/> Bulgur (½ cup) <input type="checkbox"/> Quinoa (1 cup) <input type="checkbox"/> Shelled Pistachios (¼ cup) <input type="checkbox"/> Pine nuts (for garnish) <input type="checkbox"/> Pita Chips (1 bag)
		<p>SPICES</p> <input type="checkbox"/> Salt and Pepper

YOU PROBABLY ALREADY HAVE

Dijon Mustard (1 tsp), Olive Oil

*Ingredients for the bonus snack recipe