

5-Day Mushroom Vegetarian Meal Plan



MONDAY

Creamy Vegan Mushroom Soup

Serves 4

TUESDAY

Mushroom Meatloaf

Serves 6

WEDNESDAY

Vegetarian Carbonara

Serves 4

THURSDAY

Vegetarian Shepherd's Pie

Serves 6

FRIDAY

Truffle Pizza

Serves x

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Button Mushrooms (3.5 pounds, 1.5 pounds for bonus recipe)* <input type="checkbox"/> Mushrooms (5 cups) <input type="checkbox"/> Yukon Gold Potatoes (2 lbs) <input type="checkbox"/> Medium Carrots (4) <input type="checkbox"/> Medium Ribs of Celery (4) <input type="checkbox"/> Medium Yellow Onion (2) <input type="checkbox"/> White Onion (1) <input type="checkbox"/> Jalapeno (1 Tbsp, finely chopped)* <input type="checkbox"/> Garlic (16 cloves)	<input type="checkbox"/> Large Eggs (4 whole + 4 yolks + 2 whole for bonus recipe)* <input type="checkbox"/> Unsalted Butter (6 Tbsp) <input type="checkbox"/> Cream Cheese (¼ Cup)* <input type="checkbox"/> Mayonnaise (1 Tbsp)* <input type="checkbox"/> Full Fat Plain Greek Yogurt (½ cup + ¼ cup for bonus recipe)* <input type="checkbox"/> Mozzarella cheese (1 cup) <input type="checkbox"/> Parmesan Cheese (1 ¼ cup) <input type="checkbox"/> Cheddar Cheese (2 Tbsp)* <input type="checkbox"/> Crumble Bleu Cheese (2 to 4 Tbsp)* <input type="checkbox"/> Frozen Peas (1 cup) <input type="checkbox"/> Pizza Dough (1 12-inch) <input type="checkbox"/> Impossible Ground Burger "Meat" (1 12-oz package)	<input type="checkbox"/> Truffle Oil (1 Tbsp, <i>optional</i>) <input type="checkbox"/> Unsalted Cashews (1 cup) <input type="checkbox"/> All-purpose flour (3 Tbsp + ½ cup for bonus recipe)* <input type="checkbox"/> Tomato Paste (2 Tbsp) <input type="checkbox"/> Corn (canned, 1 cup) <input type="checkbox"/> Buffalo Wings Hot Sauce* <input type="checkbox"/> Vegan Worcestershire sauce (1 Tbsp) <input type="checkbox"/> Ketchup (½ cup) <input type="checkbox"/> Mustard (1 Tbsp) <input type="checkbox"/> White Wine (½ cup) <input type="checkbox"/> Vegetable Broth (7 cups) <input type="checkbox"/> Brown Sugar (1 Tbsp) <input type="checkbox"/> Uncooked Spaghetti (1 lb) <input type="checkbox"/> Breadcrumbs (3 cups, 2 for bonus recipe)* <input type="checkbox"/> Croutons (homemade, optional)
SPICES		
<input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Fennel Seed (1 tsp) <input type="checkbox"/> Italian Seasoning (1 Tbsp) <input type="checkbox"/> Thyme Leaves (fresh, 1 tsp) <input type="checkbox"/> Fresh Herbs (2 Tbsp, chopped rosemary, thyme, and/or bay leaf) <input type="checkbox"/> Paprika (1 tsp)		

YOU PROBABLY ALREADY HAVE

Olive Oil

*Ingredients for the bonus snack recipe