

# 5-Day Summer Recipes

## Vegetarian Meal Plan



### MONDAY

“Chicken” Melon Curry Salad  
Serves 3

### TUESDAY

Mexican Street Corn Salad  
Serves 8

### WEDNESDAY

Portobello Mushroom Burgers  
Serves 4

### THURSDAY

Grilled Watermelon Salad  
Serves 4

### FRIDAY

Zucchini Lasagna  
Serves 6

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Honeydew melon (1 medium)	<input type="checkbox"/> Egg (1)	<input type="checkbox"/> Almonds (2 Tbsp)
<input type="checkbox"/> Watermelon (¼ medium)	<input type="checkbox"/> Quorn Meatless Pieces (1 12-oz package)	<input type="checkbox"/> Lemon Juice
<input type="checkbox"/> Finely chopped fruit (strawberry, pineapple, or any for popsicles)*	<input type="checkbox"/> Frozen spinach (10 oz)	<input type="checkbox"/> Lime juice
<input type="checkbox"/> Red onion (2)	<input type="checkbox"/> Mayonnaise (4 Tbsp)	<input type="checkbox"/> Honey (1 tsp + ¼ cup*)
<input type="checkbox"/> Green bell pepper (1)	<input type="checkbox"/> Ketchup (2 Tbsp)	<input type="checkbox"/> Soy sauce (2 Tbsp)
<input type="checkbox"/> Zucchini (5 medium)	<input type="checkbox"/> Plain Greek yogurt (2 Tbsp + 1.5 cups*)	<input type="checkbox"/> Balsamic vinegar (1tsp)
<input type="checkbox"/> Portobello mushrooms (4)	<input type="checkbox"/> Plain nonfat yogurt (½ cup)	<input type="checkbox"/> Dijon mustard (1 tsp)
<input type="checkbox"/> Mushrooms (16 oz)	<input type="checkbox"/> Cotija cheese (½ cup)	<input type="checkbox"/> Alfredo sauce (15 oz)
<input type="checkbox"/> Tomato (1)	<input type="checkbox"/> Feta cheese (½ cup)	<input type="checkbox"/> Black Beans (1 cup)
<input type="checkbox"/> Corn (4 ears)	<input type="checkbox"/> Ricotta (15 oz)	<input type="checkbox"/> Burger buns (2 or 4)
<input type="checkbox"/> Spring mix salad (3 cups)	<input type="checkbox"/> Shredded Mozzarella (1 cup)	
<input type="checkbox"/> Arugula (2 cups)	<input type="checkbox"/> Fresh grated parmesan (1 cup)	<b>SPICES</b>
<input type="checkbox"/> Lettuce (to top the burgers)	<input type="checkbox"/> Sharp cheddar cheese (4 slices)	<input type="checkbox"/> Paprika
<input type="checkbox"/> Fresh cilantro (½ cup)		<input type="checkbox"/> Curry powder
<input type="checkbox"/> Fresh mint (2 Tbsp)		<input type="checkbox"/> Cumin
<input type="checkbox"/> Fresh basil (2 Tbsp)		<input type="checkbox"/> Oregano
<input type="checkbox"/> Garlic (6 cloves)		

### YOU PROBABLY ALREADY HAVE

Olive oil, Salt, Pepper

\*Ingredients for the bonus snack recipe