

5-Day Asian-Inspired Vegetarian Meal Plan



MONDAY

Mung Bean Soup

Serves 6

TUESDAY

Kimchi Tempeh Tacos

Serves 6

WEDNESDAY

Thai Vegetarian Coconut Curry

Serves 4

THURSDAY

Sticky Orange Cauliflower

Serves 3

FRIDAY

Korean Pizza

Serves 4

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Spinach (3 cups) <input type="checkbox"/> Red cabbage (1 cup, thinly sliced) <input type="checkbox"/> King oyster mushrooms (4) <input type="checkbox"/> Cauliflower (1 head, ½ for bonus*) <input type="checkbox"/> Carrots (4 + 1 cup, 2 for bonus*) <input type="checkbox"/> Celery (1 cup) <input type="checkbox"/> Snap peas (1 cup) <input type="checkbox"/> Avocado (1) <input type="checkbox"/> Shallots (2 Tbsp, chopped) <input type="checkbox"/> Green Onions (7) <input type="checkbox"/> White onion (1½ cup diced, ½ cup for bonus*) <input type="checkbox"/> Red onion (¼ cup) <input type="checkbox"/> Garlic (9 cloves) <input type="checkbox"/> Cilantro (1 handful) <input type="checkbox"/> Orange (1)	<input type="checkbox"/> Tempeh (1 8-oz package) <input type="checkbox"/> Tofu (1 14-oz firm block) <input type="checkbox"/> Kimchi (2 ½ cups) <input type="checkbox"/> Pizza dough (1) <input type="checkbox"/> Eggs (4 large, 2 for bonus*) <input type="checkbox"/> Mozzarella cheese (1 ½ cups) <input type="checkbox"/> Sour Cream (¼ cup, sub dairy-free) <input type="checkbox"/> Mayonnaise (¼ cup, sub dairy-free) <input type="checkbox"/> Kimchi Mayo (¼ cup) <input type="checkbox"/> Orange juice (⅔ cup) <input type="checkbox"/> Frozen Peas (½ cup)* <p style="text-align: center;">SPICES</p> <input type="checkbox"/> Cumin <input type="checkbox"/> Chili powder <input type="checkbox"/> Smoked paprika <input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Mung beans (2 cups, dried) <input type="checkbox"/> Coconut milk (1 14-oz cans) <input type="checkbox"/> Coconut oil (1 Tbsp) <input type="checkbox"/> Sesame oil (4 tsp, ½ tsp for bonus*) <input type="checkbox"/> Rice vinegar (¼ cup + 1 Tbsp) <input type="checkbox"/> Vegetable broth (6 cups) <input type="checkbox"/> Vegetable bouillon (1 tsp) <input type="checkbox"/> Tomato paste (4 Tbsp) <input type="checkbox"/> BBQ sauce (¼ cup) <input type="checkbox"/> Thai red curry paste (2 Tbsp) <input type="checkbox"/> Gochujang paste (3 Tbsp) <input type="checkbox"/> Chili garlic sauce (1 Tbsp) <input type="checkbox"/> Sriracha (1 to 2 Tbsp) <input type="checkbox"/> Lime juice (1 tsp) <input type="checkbox"/> Panko breadcrumbs (1 cup) <input type="checkbox"/> Tortillas or taco shells (6 small) <input type="checkbox"/> Rice noodles (4 oz) <input type="checkbox"/> Rice (1 cup dry)

YOU PROBABLY ALREADY HAVE

Olive Oil, Salt, Pepper, Flour (½ cup), Honey (¼ cup), Cornstarch (2 Tbsp), Soy sauce (6 Tbsp, 2 Tbsp for bonus*)

*Ingredients for the bonus recipe