

5-Day Cucumber Lovers

Vegetarian Meal Plan



MONDAY

Thai Cucumber Salad
+ Pulled Mushroom Bao Buns
Serves 4

TUESDAY

Tomato Gazpacho
Serves 2

WEDNESDAY

Portobello Mushroom Gyros
Serves 4

THURSDAY

Rudy's Sunshine Salad +
Avocado Sandwich
Serves 4

FRIDAY

Vegan Tuna
Sushi Bowl
Serves 2

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Seedless cucumbers (3) <input type="checkbox"/> Cucumbers (4) <input type="checkbox"/> Celery (5 stalks) <input type="checkbox"/> Carrots (2, more optional) <input type="checkbox"/> Avocado (2) <input type="checkbox"/> Red bell pepper (1) <input type="checkbox"/> Red onion (1) <input type="checkbox"/> Garlic (11 cloves) <input type="checkbox"/> Green onions (4) <input type="checkbox"/> King oyster mushrooms (4) <i>can sub oyster or button</i> <input type="checkbox"/> Portobello mushrooms (4) <input type="checkbox"/> Radishes (1 bunch) <input type="checkbox"/> Lettuce (1 cup) <input type="checkbox"/> Limes (2) <input type="checkbox"/> Roma tomato (3 lb) <input type="checkbox"/> Tomato (1) <input type="checkbox"/> Arugula (½ cup) <input type="checkbox"/> Alfalfa sprouts (¼ cup) <input type="checkbox"/> Cilantro (2 bunches) <input type="checkbox"/> Fresh dill (1 ½ tsp) <input type="checkbox"/> Ginger (3 Tbsp)	<input type="checkbox"/> Feta cheese (½ cup) <input type="checkbox"/> Greek yogurt (½ cup) <input type="checkbox"/> Mayonnaise (2 Tbsp) <input type="checkbox"/> Frozen bao buns (12) <input type="checkbox"/> Pickled ginger (for garnish) <input type="checkbox"/> Wasabi (for garnish) <p style="text-align: center;">SPICES</p> <input type="checkbox"/> Salt <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> Smoked paprika <input type="checkbox"/> Oregano	<input type="checkbox"/> Rice vinegar (¼ cup + 2 Tbsp) <input type="checkbox"/> Red wine vinegar (2 Tbsp) <input type="checkbox"/> Sesame oil (1 tsp + 1 Tbsp) <input type="checkbox"/> Extra virgin olive oil (½ cup) <input type="checkbox"/> Hoisin sauce (2 Tbsp) <input type="checkbox"/> Sriracha (1 Tbsp + 2 tsp) <input type="checkbox"/> Lemon and lime juice (2 Tbsp ea.) <input type="checkbox"/> Soy sauce (2 Tbsp) <input type="checkbox"/> Baking Soda (1 tsp) <input type="checkbox"/> Pita bread (4 large) <input type="checkbox"/> Sandwich bread (2 slices) <input type="checkbox"/> Tahini (¼ cup) <input type="checkbox"/> Pesto (1 Tbsp) <input type="checkbox"/> Chickpeas (1 14-oz can) <input type="checkbox"/> Sushi rice (1 cup, uncooked) <input type="checkbox"/> Croutons (optional) <input type="checkbox"/> Peanuts or almonds (optional) <input type="checkbox"/> Nori (for garnish) <input type="checkbox"/> Fried onions (for garnish)