

# 5-Day Mexican Vegetarian Meal Plan



## MONDAY

### 20 Minute Taco Soup

Serves 6

## TUESDAY

### Soyrizo Tacos with Adobo Crème

Serves 6

## WEDNESDAY

### Vegan Burritos with Taco Meat and Queso

Serves 4

## THURSDAY

### Classic Huevos Rancheros

Serves 4

## FRIDAY

### Super Easy Vegetable Fajitas

Serves 3

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Fruit (strawberries, mango, pineapple, kiwi - pick 1)* <input type="checkbox"/> Lime (4-5) <input type="checkbox"/> Portobello mushrooms (4 or 5) <input type="checkbox"/> White onion (1 cup) <input type="checkbox"/> Red onion (1 medium) <input type="checkbox"/> Bell pepper (4) <input type="checkbox"/> Jalapeno (1) <input type="checkbox"/> Carrot (1) <input type="checkbox"/> Cauliflower (½ medium head) <input type="checkbox"/> Garlic cloves (4 cloves) <input type="checkbox"/> Red cabbage (¼ of a head) <input type="checkbox"/> Avocado (4) <input type="checkbox"/> Tomato (2 medium) <input type="checkbox"/> Lettuce <input type="checkbox"/> Fresh cilantro (2 bunches)	<input type="checkbox"/> Eggs (4) <input type="checkbox"/> Firm tofu (2 14-oz blocks) <input type="checkbox"/> Tempeh (1 8-oz package) <input type="checkbox"/> Plain Greek yogurt (½ cup) <input type="checkbox"/> Sour Cream (small container) <input type="checkbox"/> Cotija cheese (1 small block) <input type="checkbox"/> Shredded Mexican cheese (1 cup)	<input type="checkbox"/> Rotel tomatoes (1 15-oz can) <input type="checkbox"/> Diced tomatoes (1 15-oz can) <input type="checkbox"/> Tomato paste (4 Tbsp) <input type="checkbox"/> Corn (1 15-oz can) <input type="checkbox"/> Black beans (2 15-oz cans) <input type="checkbox"/> Kidney beans (1 15-oz can) <input type="checkbox"/> Hidden Valley Ranch Dressing Mix (1 1-oz packet) <input type="checkbox"/> Taco seasoning (2 1-oz packet) <input type="checkbox"/> Adobo sauce (1 Tbsp, from a jar of chipotle peppers) <input type="checkbox"/> Apple cider vinegar (2 Tbsp) <input type="checkbox"/> Corn or flour tortillas (17 small) <input type="checkbox"/> Cashews (1 cup) <input type="checkbox"/> Nutritional yeast (¼ cup) <input type="checkbox"/> Hot sauce <input type="checkbox"/> Sugar (¼ cup)*
	SPICES	
	<input type="checkbox"/> Cumin <input type="checkbox"/> Chili powder <input type="checkbox"/> Smoked paprika <input type="checkbox"/> Cinnamon <input type="checkbox"/> Bay leaves (2)	

### YOU PROBABLY ALREADY HAVE

Olive oil, salt, pepper

\*Ingredients for the bonus snack recipe