

5-Day Picnic Ready Vegetarian Meal Plan



MONDAY

Vegetarian Chicken
Salad
Serves 4

TUESDAY

Rudy's Sunshine Salad
Serves 4

WEDNESDAY

Blueberry Grilled
Cheese
Serves 1

THURSDAY

Summer Veggie Salad
& Strawberry Gazpacho
Serves 4

FRIDAY

Avocado Sandwich
Serves 1

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Pink lady apple (1) <input type="checkbox"/> Blueberries (¼ cup chopped, 1 cup*) <input type="checkbox"/> Strawberries (3 cups halved, 1 cup sliced*) <input type="checkbox"/> Watermelon (2 cups cubed)* <input type="checkbox"/> Grapes (halved)* <input type="checkbox"/> Limes (2) <input type="checkbox"/> Celery (6 stalks) <input type="checkbox"/> Tomato (2) <input type="checkbox"/> Red onion (1) <input type="checkbox"/> Cucumbers (4-5 medium) <input type="checkbox"/> Red bell pepper (2) <input type="checkbox"/> Avocado (1) <input type="checkbox"/> Cilantro (½ cup) <input type="checkbox"/> Basil (a few leaves) <input type="checkbox"/> Thyme (4 sprigs) <input type="checkbox"/> Mint (1 Tbsp, chopped) <input type="checkbox"/> Parsley (¼ cup) <input type="checkbox"/> Arugula (¾ cup) <input type="checkbox"/> Alfalfa spouts (¾ cup) <input type="checkbox"/> Garlic (4 cloves)	<input type="checkbox"/> Orange juice (¼ cup)* <input type="checkbox"/> Goat cheese (4 Tbsp) <input type="checkbox"/> White cheese (2 slices, e.g., havarti or mozzarella) <input type="checkbox"/> Feta (½ cup diced) <input type="checkbox"/> Butter (optional) <input type="checkbox"/> Mayonnaise (¼ cup) <input type="checkbox"/> Plain Greek yogurt (¼ cup + ¼ cup*) <input type="checkbox"/> Dijon mustard (2 tsp) <input type="checkbox"/> Tahini (¼ cup) <input type="checkbox"/> <u>Pesto</u>	<input type="checkbox"/> Chickpeas (3 14-oz cans) <input type="checkbox"/> Sliced almonds (¼ cup) <input type="checkbox"/> Croissants (4, to make sandwiches) <input type="checkbox"/> Crusty bread (as a side, your fave kind!) <input type="checkbox"/> Bread (thick sliced to make sandwiches for two of the meals, e.g. sourdough) <input type="checkbox"/> Balsamic vinegar (1 Tbsp, and for drizzling optional) <input type="checkbox"/> Honey (½ tsp + 1 tsp*) <p style="text-align: center;">SPICES</p> <input type="checkbox"/> Oregano (½ tsp)

**Ingredients for the bonus recipe*

YOU PROBABLY ALREADY HAVE

Salt, Pepper, Olive Oil