

5-Day BBQ Season

Vegetarian Meal Plan



MONDAY

Carrot Hot Dogs

Serves 6

TUESDAY

Halloumi Burger

Serves 2

WEDNESDAY

Roasted Vegetable Grilled Cheese

Serves 2

THURSDAY

Grilled Romaine Salad

Serves 4

FRIDAY

Veggie Pizza

Serves 8

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Carrots (6) <input type="checkbox"/> Tomato (1 large) <input type="checkbox"/> Red bell pepper (2) <input type="checkbox"/> Yellow bell pepper (1) <input type="checkbox"/> Mushrooms (2 cups) <input type="checkbox"/> Eggplant (½) <input type="checkbox"/> Zucchini (½) <input type="checkbox"/> White onion (½ cup) <input type="checkbox"/> Garlic (6 cloves) <input type="checkbox"/> Spinach (2 handfuls) <input type="checkbox"/> Lettuce (a few pieces) <input type="checkbox"/> Romaine hearts (2) <input type="checkbox"/> Watermelon (1 cup cubed)* <input type="checkbox"/> Pineapple (1 cup cubed)*	<input type="checkbox"/> Halloumi cheese (1 8-oz package) <input type="checkbox"/> Gouda Cheese (3 slices) <input type="checkbox"/> Shredded parmesan cheese (½ cup) <input type="checkbox"/> Shredded mozzarella (1 cup) <input type="checkbox"/> Greek yogurt (½ cup)* <input type="checkbox"/> Mayonnaise (¼ cup + 3 Tbsp) <input type="checkbox"/> Dijon mustard (2 Tbsp + 1 tsp) <input type="checkbox"/> <u>Pizza dough</u> (1 12-inch) SPICES <input type="checkbox"/> Smoked paprika (1 tsp) <input type="checkbox"/> Oregano (¼ tsp)	<input type="checkbox"/> Lemon juice (2 Tbsp) <input type="checkbox"/> Lime juice (1 Tbsp)* <input type="checkbox"/> Red/white wine vinegar (1 Tbsp) <input type="checkbox"/> Honey (2 Tbsp)* <input type="checkbox"/> Brown sugar (1 Tbsp)* <input type="checkbox"/> Vegetable broth (1 cup) <input type="checkbox"/> Apple cider vinegar (¼ cup) <input type="checkbox"/> Soy sauce (2 Tbsp) <input type="checkbox"/> Liquid smoke (½ tsp) <input type="checkbox"/> BBQ sauce (1 Tbsp) <input type="checkbox"/> Hot sauce (optional) <input type="checkbox"/> Tomato sauce (½ cup) <input type="checkbox"/> Hot dog buns (6) <input type="checkbox"/> Burger buns (2) <input type="checkbox"/> Thick sliced bread (4)

YOU PROBABLY ALREADY HAVE Olive Oil, Salt, Pepper

*Ingredients for the bonus snack recipe