

5-Day Italian

Vegetarian Meal Plan



MONDAY

Zucchini stew

Serves 4

TUESDAY

Lemon Basil Risotto

Serves 4

WEDNESDAY

Cauliflower Mac &

Cheese
Serves 4

THURSDAY

Caprese Panini

Serves 2

FRIDAY

Roasted Grape Pizza

Serves 8

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Garlic (5 cloves) <input type="checkbox"/> White onion (1½ medium) <input type="checkbox"/> Zucchini (3 cups chopped) <input type="checkbox"/> Cauliflower (1 head) <input type="checkbox"/> Celery (3 stalks) <input type="checkbox"/> Tomato (1 large) <input type="checkbox"/> Spinach (handful) <input type="checkbox"/> Kale (1 cup) <input type="checkbox"/> Fresh basil (¼ cup + 2 Tbsp) <input type="checkbox"/> Red seedless grapes (2 cups) <input type="checkbox"/> Lemon (1)	<input type="checkbox"/> Parmesan cheese (1½ cup grated) <input type="checkbox"/> Cheddar cheese (2 cups shredded) <input type="checkbox"/> Mozzarella (2 to 4 slices + ½ cup shredded) <input type="checkbox"/> Ricotta cheese (½ cup) <input type="checkbox"/> Cream cheese (4 oz) <input type="checkbox"/> Vegan butter (½ cup) <input type="checkbox"/> Butter (sub. mayonnaise, 1 Tbsp) <input type="checkbox"/> Dijon mustard (1 tsp) <input type="checkbox"/> Pesto (make your own here) <input type="checkbox"/> Pizza dough (make your own here)	<input type="checkbox"/> Mariana (2 cups) <input type="checkbox"/> Navy beans (1 15-oz) <input type="checkbox"/> Arborio rice (1¼ cup) <input type="checkbox"/> White wine (¼ cup) <input type="checkbox"/> Low sodium vegetable broth (4 cups) <input type="checkbox"/> Sourdough bread (1 loaf) <input type="checkbox"/> Focaccia bread (2 pieces) <p style="text-align: center;">SPICES</p> <input type="checkbox"/> Sea salt <input type="checkbox"/> Onion powder <input type="checkbox"/> Dried basil <input type="checkbox"/> Dried parsley <input type="checkbox"/> Oregano <input type="checkbox"/> Rosemary (1 sprig)

YOU PROBABLY ALREADY HAVE Olive oil, Salt, Pepper

*Ingredients for the bonus Infused Olive Oil recipe can be found [here](#).