

5-Day Oven-Free Dinners

Vegetarian Meal Plan



MONDAY

Tempeh White Bean Chili

Serves 4

TUESDAY

Eggplant Curry

Serves 2

WEDNESDAY

Buddha's Delight

Serves 4

THURSDAY

Farro Risotto

Serves 4

FRIDAY

Shakshuka

Serves 4

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Veggies for Buddha's Delight (can include mushrooms, bok chou, broccoli florets, snow peas, carrots, peppers, etc.) <input type="checkbox"/> Sliced mushroom (8 oz) <input type="checkbox"/> Eggplant (1) <input type="checkbox"/> Red bell pepper (1) <input type="checkbox"/> White or yellow onion (1 medium) <input type="checkbox"/> White onion (1 cup) <input type="checkbox"/> Garlic (16 cloves) <input type="checkbox"/> Ginger (1 Tbsp) <input type="checkbox"/> Cilantro (¼ cup + to serve) <input type="checkbox"/> Shallot (1) <input type="checkbox"/> Green onions (to serve) <input type="checkbox"/> Lime (2 Tbsp, juiced) <input type="checkbox"/> Parsley (to serve)	<input type="checkbox"/> Tempeh (8 oz) <input type="checkbox"/> Seitan (8 oz) <input type="checkbox"/> Unsalted butter (2 Tbsp) <input type="checkbox"/> Sauerkraut (2 cups) <input type="checkbox"/> Feta cheese (to serve) <input type="checkbox"/> White cheddar cheese (to serve) <input type="checkbox"/> Parmesan cheese (½ cup shredded) <input type="checkbox"/> Greek yogurt (to serve) <input type="checkbox"/> Frozen peas (½ cup) <input type="checkbox"/> Eggs (4 to 5 large) <input type="checkbox"/> Orange juice or water (2 Tbsp)* SPICES <input type="checkbox"/> Cumin (3 tsp) <input type="checkbox"/> Coriander (2 tsp) <input type="checkbox"/> Oregano (1 tsp) <input type="checkbox"/> Smoked paprika (2 tsp) <input type="checkbox"/> White pepper (½ tsp) <input type="checkbox"/> Garam masala (2 tsp) <input type="checkbox"/> Sesame seeds (to serve) <input type="checkbox"/> Thyme (2 tsp, finely chopped) <input type="checkbox"/> Vanilla extract (¼ tsp)*	<input type="checkbox"/> Cannellini beans (2 14-oz cans) <input type="checkbox"/> Chickpeas (1 14-oz can) <input type="checkbox"/> Vegetable broth (7 cups) <input type="checkbox"/> Coconut milk (1 14-oz can) <input type="checkbox"/> Diced tomatoes (3 14-oz cans) <input type="checkbox"/> Rice (to serve) <input type="checkbox"/> Whole farro (1 cup uncooked) <input type="checkbox"/> Toasted sesame oil (1 Tbsp) <input type="checkbox"/> Soy sauce (¼ cup) <input type="checkbox"/> Honey (1 Tbsp) <input type="checkbox"/> Bamboo Shoots (1 8-oz can) <input type="checkbox"/> French bread (to serve) <input type="checkbox"/> Almonds (½ cup)* <input type="checkbox"/> Prunes (1 cup packed)* <input type="checkbox"/> Chia seeds (1 Tbsp)* <input type="checkbox"/> Unsweetened shredded coconut (½ cup)* *Ingredients for the bonus breakfast/snack recipe.

YOU PROBABLY ALREADY HAVE Olive Oil, Salt, Pepper