

# 5-Day Savory Fruit Recipes

## Vegetarian Meal Plan



### MONDAY

**Smashed Sweet Potatoes  
with Roasted Grapes**  
Serves 6

### TUESDAY

**Blueberry Grilled Cheese**  
Serves 1

### WEDNESDAY

**Banana Thai Curry**  
Serves 4

### THURSDAY

**Lemon Basil Risotto**  
Serves 4

### FRIDAY

**Roasted Grape Pizza**  
Serves 8

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Seedless red grapes (4 cups) <input type="checkbox"/> Blueberries (¼ cup, sliced) <input type="checkbox"/> Bananas (3) <input type="checkbox"/> Lemon (½) <input type="checkbox"/> Lime (½)* <input type="checkbox"/> Fruit of choice for mojitos (¼ cup)* <input type="checkbox"/> Arugula (¼ cup) <input type="checkbox"/> Onion (½ cup) <input type="checkbox"/> White onion (1 medium) <input type="checkbox"/> Garlic (2 cloves) <input type="checkbox"/> Sweet potatoes (6 small) <input type="checkbox"/> Sugar snap peas (1 cup) <input type="checkbox"/> Celery (3 stalks)	<input type="checkbox"/> Goat cheese (4 oz + 2 Tbsp) <input type="checkbox"/> White cheese (2 slices, Havarti or mozzarella) <input type="checkbox"/> Ricotta cheese (½ cup) <input type="checkbox"/> Parmesan cheese (1 cup grated) <input type="checkbox"/> Mozzarella cheese (½ cup) <input type="checkbox"/> Butter (2 Tbsp) <input type="checkbox"/> <u>Pizza dough</u> (or make your own)  <b>SPICES</b> <input type="checkbox"/> Sea salt (1 tsp) <input type="checkbox"/> Thyme (a few sprigs) <input type="checkbox"/> Rosemary (1 sprig) <input type="checkbox"/> Basil, fresh (1 bunch) <input type="checkbox"/> Mint, fresh (1 bunch)* <input type="checkbox"/> Ginger (1 Tbsp, fresh grated)	<input type="checkbox"/> Balsamic Vinegar (optional) <input type="checkbox"/> Honey (2 Tbsp) <input type="checkbox"/> White wine (¾ cup) <input type="checkbox"/> Soy sauce (1 Tbsp) <input type="checkbox"/> Chili garlic sauce (1 Tbsp) <input type="checkbox"/> Thick Sliced Bread (2) <input type="checkbox"/> Rice (for serving with curry) <input type="checkbox"/> Arborio rice (1 ¼ cup) <input type="checkbox"/> Thai red curry paste (2 Tbsp) <input type="checkbox"/> Coconut Milk (1 14-oz can) <input type="checkbox"/> Vegetable broth (6 cups) <input type="checkbox"/> Red lentils (1 cup) <input type="checkbox"/> White rum (1 shot)* <input type="checkbox"/> Club soda (½ cup)*

**YOU PROBABLY ALREADY HAVE** Olive Oil, Salt, Pepper, Sugar

\*Ingredients for the bonus drink recipe.