

MONDAY



Vegetarian Stuffed Peppers

- This recipe makes 8 servings. Stuffed peppers reheat well or they can be frozen for a future dinner.
- The optional toppings can also be used for the nachos on Friday.

TUESDAY



Baked Spaghetti with Spinach and Citrus Salad

- The optional citrus salad contrasts perfectly with the creamy spaghetti. If you prefer another salad, free to substitute it.

WEDNESDAY



Vegan Quinoa Salad with Brussels Sprouts and Pepitas

- If desired, add cheese. Feta, gorgonzola, blue cheese, or goat cheese are good choices. Make sure to add your choice to the grocery list!
- This makes a big bowl of salad. It's excellent for lunches. If you don't care for leftovers, make a half batch of the salad.

THURSDAY



Pasta e Fagioli

- Serve with bakery bread or homemade muffins.

FRIDAY



Vegetarian Nachos with Creamy Cilantro Lime Drizzle

- You'll notice similar ingredients in the stuffed peppers and the nachos. This is intentional because it makes it a little easier to grocery shop. Use the same toppings for the peppers and the nachos.

BONUS



Instant Pot Steel Cut Oats

- This recipe can be started the night before and cook all night. You'll wake up to a nice warm breakfast. Leftovers can be refrigerated and reheated for breakfasts all week. See grocery list for topping ideas.
- If you prefer, make Crockpot Oatmeal (Steel Cut Oats).

NOTES

- Did you know it's easy to make your own seasoning blends? Try my homemade taco seasoning (for the vegetarian nachos). If you're interested, check out my list of homemade seasoning mixes. Homemade mixes are economical, preservative-free, lower in sodium, and easy to adjust to your preferences.



GROCERY LIST FOR MEAL PLAN #53

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- yellow onion (2) - Tu/Th
- red onion (1) - W/F
- green onions (1 bunch) - M
- garlic (5 cloves) - Tu/W
- bell peppers (6) - M/F
- sliced mushrooms (8 oz) - Tu
- Brussels sprouts (16 oz) - W
- carrots (2) - W
- baby kale or baby spinach (8 oz) - Th
- cilantro (1 small bunch) - M/F
- mint (1 T) - Tu
- parsley (1 small bunch) - W/Th
- oranges (4, any type) - Tu
- grapefruit (2) - Tu
- limes (2) - Tu/F

CANNED GOODS

- 15 oz can pinto beans (1) - M
- 15.5 oz can cannellini beans (1) - Th
- 15 oz can black beans (1) - F
- 15 oz can corn (1) - M
- 14.5 oz can diced tomatoes (2) - M/Th
- 4.5 oz can chopped green chiles (1) - M
- low sodium vegetable broth (56 oz) - W/Th

DAIRY / REFRIGERATED

- shredded Monterey Jack cheese (2 ½ c) - M/Tu
- egg (1) - Tu
- sour cream (1 c) - Tu/F
- plain greek yogurt (½ c) - F
- milk (4 oz) - Tu
- grated Parmesan cheese (4 T) - Tu
- shaved Parmesan cheese (garnish) - Th
- shredded Mexican blend cheese (1 ¼ c) - F

BREAD / PASTA / GRAINS

- white or brown rice (⅔ c dry or 2 c cooked) - M
- spaghetti (8 oz uncooked) - Tu
- quinoa (1 ½ c uncooked or 4 ½ c cooked) - W
- small pasta such as ditalini (½ c dry) - Th
- bread or muffins to serve with soup - Th
- steel cut oats (2 c) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M
- ground cumin - M
- ground nutmeg - Tu
- dried basil - Th
- dried oregano - Th
- taco seasoning - F

PANTRY

- honey - Tu/F
- dried apricots (½ c) - W
- raw pepitas (⅔ c) - W
- raw sunflower seeds (⅓ c) - W
- apple cider vinegar - W
- maple syrup - W
- coarse ground dijon mustard - W
- tortilla chips (9 oz) - F

OTHER

- Optional oatmeal toppings (see notes for ideas) - Bonus
- Optional toppings for stuffed peppers and nachos: avocado slices, additional cilantro, sour cream, sliced jalapeño, chopped green onion - M/F

NOTES

- Sweet oatmeal toppings ideas: brown sugar, honey, maple syrup, fresh fruit, nuts, peanut butter, jam, etc.
- Savory oatmeal topping ideas: poached or fried egg, greens, salsa, sriracha, etc.

