

WEEKLY MEAL PLAN week of 6.18

RECIPES: [Chocolate Chia Pudding](#) | [Southwest Chop Salad](#) | [Falafel Pancakes with Tabbouleh](#) | [Creamy Radish & Pea Pasta](#) | [Tofu Tacos with Mango Salsa](#)

BOLDFACED items denote pantry staples. These are great, not-so-perishable things to have on hand and things you will use time and time again.

PRO TIP: Always check your fridge/freezer/pantry inventory before heading to the store or ordering groceries. You likely have more on hand than you realize!

FRESH PRODUCE

2 purple/red onions

1 bulb garlic

1 bag of 3 romaine hearts OR 1 large bag romaine lettuce

1 (5-7oz) bag baby salad greens

1 bunch green onion

2 pints cherry tomato

2 avocados

1 bunch radishes

1 bunch fresh cilantro

1 bunch parsley (curly if available)

.5 oz fresh mint

OPTIONAL: 1 jalapeno

1 lime

2 lemons

ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

½ dozen eggs

3-4oz block manchego cheese

1 4oz log soft goat cheese

1 block organic, firm tofu

DRY GOODS

Rice/Legumes:

1 bag/box brown rice, quinoa or chickpea pasta

1 bag/box quinoa

1 can black beans

1 can chickpea

Canned Fruit/Veg

1 (10-15oz) can corn, no sugar added

International

1 package (6 or more) corn tortillas

Nuts/Seeds

1 bag unsalted pepitas

1 bag chia seeds

1 bag ground flaxseed*

1 bag hemp hearts*

**these may be located with breakfast or nutritional items*

Breakfast:

1 jar PURE maple syrup

1 quart unsweetened vanilla almond milk of choice

Baking:

1 small bag chopped walnuts

Baking powder

1 container cocoa powder

OILS & VINEGARS

Olive oil, cold pressed

Avocado oil

FREEZER

1 (10-12oz) bag sweet peas

1 (10-12oz) bag mango chunks

1 (16oz/1lb) bag berries, any varieties

SPICES

Black pepper

Sea salt or pink Himalayan salt

Cumin

Coriander

Chili powder

Garlic powder

Onion powder

Turmeric

OPTIONAL: cayenne pepper

NOTES:

MEAL PREP TIPS week of 6.18

1. Make chia pudding! Store covered in the fridge for quick grab & breakfasts all week long.
2. Make chop salads! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
3. Make salad dressing! Store in the fridge for up to 2 weeks.
4. Cook quinoa! Store covered in the fridge for up to 5 days to make for a quick tabbouleh mid week.
5. Defrost mango! Measure 2 cups and store covered in the fridge for up to 5 days for a quick salsa mid week.

Use food swaps where needed, and allow grocery shopping to be easy & fun. Celebrate that you are showing up for yourself and the people that you cook with/for!