

## WEEKLY MEAL PLAN week of 6.25

**RECIPES:** [Magic Muffins](#) | [Spring Minestrone](#) | [Mushroom Leek Frittata](#) | [Caprese Linguine](#) | [Grilled Pineapple & BBQ Tofu](#)

**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

**3 purple/red onions**

**1 bulb garlic**

**2 medium red potatoes**

**3 medium/large carrots**

1 pound box (16oz) baby spinach

4 small, or 2 large summer squash, any variety

1 pint cherry tomato

2 pints mushrooms, any variety

1 leek

.75-1oz fresh basil

1 fresh pineapple

5 cups/pieces fruit of choice to serve with muffins: \_\_\_\_\_

### ANIMAL PRODUCTS/DAIRY/MEAT SUBSTITUTE

**1 dozen eggs**

1 block organic, firm tofu

1 4oz log soft goat cheese

6-8oz block parmesan or other hard cheese

### DRY GOODS

Rice/Legumes:

**1 bag/box brown rice, quinoa or chickpea pasta**

**1 can chickpea**

Condiments

**1 bottle BBQ sauce, no corn syrup added**

International

**1 package corn tortillas**

Soups

**1 quart veggie broth, no sugar added**

Baking:

**1 bag almond flour**

**Baking soda**

Breakfast

**1 bag/box gluten free rolled oats**

**1 bottle PURE maple syrup**

**1 bag dark chocolate chips**

### OILS & VINEGARS

**Olive oil, cold pressed**

**Coconut oil, cold pressed & unrefined**

### FREEZER

**1 (10-12oz) bag sweet peas**

### SPICES

**Black pepper**

**Sea salt or pink Himalayan salt**

**Cinnamon**

**Nutmeg**

**PURE vanilla extract**

### MISC

**Bamboo or metal skewers OR a grill basket**

NOTES:

## MEAL PREP TIPS + HACK week of 6.25

[Never sliced a leek? Check out this video!](#)

1. Bake Muffins! Store at room temp or in the fridge for quick grab and go breakfasts all week long. These freeze well, too!
2. Make soup! Divide evenly into (4) containers for easy grab and go lunches throughout the week.
3. Bake Frittata! Store in the fridge for up to 5 days for a quick mid week dinner.

*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!*