



Vegetarian Meal Plan Shopping List

You may already have many of these food items in your kitchen, so shop there first. And keep in mind some of the recipes use the same ingredients. As always make substitutions to fit your family's needs.

Crispy Orange Sesame Tofu
and Broccoli

Chickpea Tacos with
Guacamole

Vegetarian Pizza Quesadilla

Avocado Spinach Pasta

Sweet Potato Brussels Sprout
Quinoa Bowl

Items for Crispy Orange Sesame Tofu and Broccoli

- 14-oz package extra-firm tofu
- Broccoli florets (you can use frozen but I think fresh provides better flavor)
- Cornstarch
- Vegetable oil
- 2 cloves garlic
- Soy sauce
- Orange juice (2 TB) (since this is such a small amount of this recipe and don't typically drink orange juice, I have gotten 1 large orange and squeezed the juice out)
- Granulated sugar
- Sesame seeds (optional)
- Green onions (use for this recipe and vegetarian pizza quesadilla)

Items for Chickpea Tacos with Guacamole

- Olive oil
- Garlic
- Red onion (for both the chickpea mixture and guacamole)
- 14 oz can chickpeas
- Either use a packet of your favorite taco seasoning mix or the following spices
 - Chili powder
 - Smoked paprika
 - Cumin
 - Oregano
 - Salt
 - Pepper
 - Cayenne pepper



- Cornstarch
- Taco shells or medium-sized tortillas
- 1 avocado makes enough guacamole for 3 people
- 1-2 limes
- Cilantro

Items for Vegetarian Pizza Quesadilla

- Tortillas (whatever size you want your pizza to be)
- Tomato puree
- Cheddar cheese or mozzarella cheese
- Spinach
- Bell pepper

Items for Avocado Spinach Pasta

- 10 oz spaghetti
- 1 clove garlic
- Spinach
- ½ cup Pecans
- ¼ cup basil
- ¼ cup parmesan cheese
- Lemon juice

Items for Sweet Potato Brussels Sprout Quinoa Bowl

- 1 cup Quinoa
- 1 ½ cups vegetable broth
- 2 cloves garlic
- ½ onion
- Ginger
- 2-3 medium sized sweet potatoes
- 1 cup brussels sprouts
- 1 tablespoons cranberries
- ¼ cup sliced almonds

Download the meal plan online at thehealthfulpeach.com