

# Weekly Meal Plan

*Grocery List, March 10-16 2025*

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## 1. [Easy One Pot Vegetarian Tortellini Soup](#) by Brogan Dearing for Simply Fresh Foodie

- 2 tablespoons olive oil, or enough to coat the bottom of your soup pot
- ½ a large onion, chopped
- 1 large carrot, peeled and chopped
- 1 serrano pepper, seeded and chopped
- 4 medium cloves garlic, thinly sliced
- 3 to 4 tablespoons harissa paste (start with 3 and add more to taste)
- 1 can crushed tomatoes (28 ounces)
- 4 cups vegetable broth
- 1 package cheese tortellini (20 ounces)
- 1 can of white beans, drained (15.5 ounces)
- 1 package spinach (6 ounces)
- Juice of half a lemon (about a tablespoon)
- Salt and pepper, to taste
- Grated Parmesan, for serving
- Chopped cilantro, for serving
- Lemon wedges, for serving

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## 2. Easy Gazpacho from Two Spoons

- 2 lb vine tomatoes chopped (about 6 tomatoes)
- 1/2 cucumber chopped
- 1 red pepper chopped
- 1 shallot finely chopped
- 2 cloves garlic finely chopped
- 1/4 cup olive oil 60 ml
- 2 tbsp lemon juice 30 ml
- 1 tsp sea salt
- 1/4 tsp pepper
- 1/4 cup fresh basil chopped, to sprinkle

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### 3. [Crispy Baked Sesame Tofu](#) from Eat With Clarity

#### For the Tofu:

- 1 tablespoon low sodium tamari or soy sauce
- 1 16 ounce block extra firm tofu
- 1 tablespoon corn starch
- 3 tablespoons breadcrumbs (recipe used gluten free)

#### For the Sauce:

- 1/3 cup low sodium tamari or soy sauce (MUST be low sodium!)
- 2 teaspoon toasted sesame oil
- 1 tablespoon rice vinegar
- 2-3 tablespoons honey or maple syrup
- 1 tablespoon corn starch
- 4 tablespoons water divided
- 5 cloves garlic
- 1 tablespoon olive oil

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#### 4. [Vegetarian Tostadas](#) from I Heart Vegetables

- 8 whole wheat or corn tortillas
  - 1 15oz can refried beans (see note)
  - 1/4 teaspoon cumin
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon chili powder
  - 1 15oz can black beans, rinsed and drained
  - 2 avocados, pitted, peeled, and mashed
  - 1 cup pico de gallo
  - 1/3 cup crumbled feta or cojita cheese
  - Fresh cilantro, chopped (optional)
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#### 5. [Roasted Vegetable Pasta](#) from Gimme Some Oven

##### For the Roasted Vegetables:

- 2 medium zucchini (1 pound), cut into half moons
- 1 small eggplant (1 pound), diced into 1-inch cubes
- 1 small red onion, thickly sliced
- 3 tablespoons olive oil, divided
- fine sea salt and freshly-ground black pepper
- 1 pound cherry or grape tomatoes

##### For the Garlic Balsamic Pasta:

- 1 pound pasta (recipe used mezze rigatoni)
- 4 tablespoons salted butter
- 5 large garlic cloves, pressed or minced
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons balsamic vinegar
- 1 ounce freshly-grated Parmesan cheese, plus extra for serving
- 1/3 cup finely-chopped fresh basil, plus extra for serving

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## 6. [BBQ Jackfruit Sandwiches](#) from Pinch of Yum

### For the BBQ Jackfruit:

- 1/4 cup olive oil
- 14-ounce can young jackfruit in brine, drained and rinsed
- 1/2 cup canned chickpeas, drained and rinsed
- 2 cloves garlic
- 1 tablespoon brown sugar
- several good shakes of paprika, chili powder, and onion powder
- a pinch of salt
- 1/4 cup barbecue sauce

### For the Slaw:

- ideally, a pre-made slaw bag mix!
- otherwise: thinly sliced cabbage + mayo, lemon juice or vinegar, sugar and salt

### The Rest:

- toasted buns (recipe developer likes brioche buns)
- any other toppings you like – recipe recommends avocado, pepperoncini, pickles, hot sauce, etc.

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## 7. [Butternut Squash and Black Bean Enchilada Skillet](#) from **Ambitious Kitchen**

- 1 tablespoon olive oil or avocado oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- salt and pepper, to season
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1/2 jalapeno, diced (and seeded if you want less spice)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 (15 ounce) can black beans, drained and rinsed
- 8 yellow corn tortillas, cut into thick strips
- 1 (15 ounce) can red enchilada sauce
- 1 cup shredded colby jack or mexican cheese (or whatever you prefer), divided
- cilantro and greek yogurt, for serving

*Bon appetit!*