# Weekly Meal Plan

*Grocery List: March 24-30 2025*

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## 1. Cashew Crunch Edamame Salad from Fit Foodie Finds

**Chili Crunch Cashews:**

- ☐ 1.5 cups raw cashews
- ☐ 1 tablespoon chili crunch, Fit Foodie Finds like the Momofuku brand!
- ☐ 2 teaspoons honey
- ☐ ½ teaspoon coarse salt

**Dressing:**

- ☐ ⅓ cup creamy all-natural cashew butter
- ☐ 2.5 tablespoons rice vinegar
- ☐ 1.5 tablespoons fresh lime juice
- ☐ 2 tablespoons water
- ☐ 2 teaspoons soy sauce
- ☐ ¼ teaspoon fish sauce
- ☐ 1 teaspoon garlic chili sauce*
- ☐ 1.5 teaspoon grated fresh ginger

**Salad:**

- ☐ 2 cups cooked white quinoa
- ☐ 2 cups shelled edamame
- ☐ 2 cups matchstick carrots
- ☐ 2 cups sliced cucumbers, sliced into half-moons
- ☐ 2 cups sliced sugar snap peas
- ☐ ½ cup thinly sliced red onion
- ☐ ½ cup chopped fresh cilantro
- ☐ ¼ cup chopped fresh mint
- ☐ 3 green onions, chopped
- ☐ ½ teaspoon sea salt

## 2. General Tso's Tofu Stir-Fry from Minimalist Baker

**For serving (optional):**

- [ ] 4 cups cooked white or brown rice
- [ ] Steamed broccoli

**Stir-fry sauce:**

- [ ] 2 tsp sesame oil
- [ ] 2 tsp cornstarch
- [ ] 2 large cloves garlic, minced (2 cloves yield ~1 heaping Tbsp)
- [ ] 1 Tbsp ginger, minced
- [ ] 1 Tbsp rice vinegar (or sub white vinegar)
- [ ] 1/4 cup maple syrup
- [ ] 3 Tbsp tamari or soy sauce (or coconut aminos)
- [ ] 1 Tbsp water

**Tofu:**

- [ ] 12 ounces extra-firm tofu
- [ ] 3 Tbsp tamari or soy sauce (tamari for gluten-free eaters)
- [ ] 1 tsp chili garlic sauce
- [ ] 1 tsp toasted sesame oil
- [ ] 1 Tbsp maple syrup
- [ ] 4-5 Tbsp cornstarch
- [ ] 2 Tbsp neutral oil (such as grape seed or avocado)

**Stir-fry:**

- [ ] 1 Tbsp sesame oil
- [ ] 1 bundle green onions (bulbs removed, roughly chopped)
- [ ] 4-7 dried Thai red chilies (omit for less heat // or sub 1 Tbsp chili garlic sauce // more or less to taste)
- [ ] Sesame seeds, for garnish (optional)

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## 3. BBQ Chickpea Wraps from Plant-Based on a Budget

- [ ] 1 (15-ounce) can of garbanzo beans, rinsed and drained
- [ ] 1 ½ cups of bbq sauce
- [ ] 1 medium tomato, diced
- [ ] 2 stalks of celery, diced
- [ ] 2 romaine lettuce leaves
- [ ] 2 flour tortillas

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## 4. Vegetable Frittata from Feasting at Home

- [ ] 16 ounces broccoli (see notes)
- [ ] 1 onion or leek, diced
- [ ] 1–2 tablespoons olive oil
- [ ] 1 red bell pepper, diced
- [ ] 8 ounces mushrooms, sliced
- [ ] pinch salt and pepper
- [ ] 12 large eggs
- [ ] 1 cup ricotta (or sour cream)
- [ ] 1 cup heavy cream (or sour cream)
- [ ] 1/2 teaspoon salt
- [ ] 1/2 teaspoon pepper
- [ ] 1/2 cup fresh basil (save some for garnish)
- [ ] 1–2 cups chopped baby spinach
- [ ] 1–2 cups grated mozzarella (or other melty cheese- cheddar, jack, or crumbled goat cheese)

## 5. High Protein Butternut Squash Cottage Cheese Pasta from Avocado Skillet

- [ ] 1 small butternut squash - roughly cubed about 3-4 cups of cubed squash
- [ ] 4 cloves garlic
- [ ] ¼ sweet or yellow onion
- [ ] 1 tablespoon oil
- [ ] to taste salt
- [ ] black pepper to taste
- [ ] ½ teaspoon garlic powder
- [ ] ½ teaspoon sage
- [ ] ½ teaspoon paprika
- [ ] ½ teaspoon thyme
- [ ] ½ cup cottage cheese
- [ ] ½ cup reserved pasta water make sure this is heavily salted
- [ ] ½ cup vegetable broth + more if you want your sauce thinner, use bone broth for more protein
- [ ] ½ cup grated parmesan
- [ ] ½ cup basil - finely chopped
- [ ] 1 ~16 oz package cooked pasta of choice

## 6. Vegan Curry with Tofu from Rainbow Plant Life

**Curry:**

- [ ] 2 tablespoons avocado oil or neutral-flavored oil of choice
- [ ] 2 teaspoons cumin seeds
- [ ] 2 teaspoons black mustard seeds (can sub brown mustard seeds)
- [ ] 6 cloves garlic, minced
- [ ] 2- inch piece fresh ginger, minced or grated
- [ ] 1 to 3 serrano peppers, diced*
- [ ] 1 1/2 teaspoons coriander
- [ ] 1 teaspoon ground turmeric
- [ ] 1 teaspoon sweet or hot paprika
- [ ] 1/4 teaspoon ground cinnamon
- [ ] 1/4 teaspoon freshly grated (or ground) nutmeg
- [ ] 15 to 20 dried curry leaves**
- [ ] 1 (13.5-ounce/400 mL) can full-fat coconut milk
- [ ] 1 (8-ounce/227g) can tomato sauce
- [ ] 1 tablespoon organic cane sugar or coconut sugar
- [ ] 1 small cauliflower head, cut into small florets (450 to 500g florets)
- [ ] 1 1/2 teaspoons kosher salt
- [ ] Freshly cracked black pepper to taste
- [ ] 1 (14-ounce/400g) block of extra-firm tofu, previously frozen and defrosted****
- [ ] 2 teaspoons sea salt (or 4 tsp Diamond Crystal kosher salt)
- [ ] 2 teaspoons garam masala
- [ ] 3 cups (45g) baby spinach, chopped
- [ ] ½ to 1 tablespoon freshly squeezed lemon juice
- [ ] 1 cup (16g) cilantro leaves and tender stems, chopped

**For serving:**

- [ ] Cooked white or brown rice, or flatbread of choice

## 7. Chickpea and Kale Shakshuka from Smitten Kitchen

- [ ] Olive oil
- [ ] 1 medium yellow onion, finely chopped
- [ ] 2 garlic cloves, finely minced
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon ground coriander
- [ ] 1/2 a jalapeño pepper, de-seeded and finely chopped
- [ ] Kosher salt and black pepper
- [ ] 2 15-ounce cans cooked chickpeas, drained and rinsed (about 3 1/2 cups)
- [ ] 15-ounce can crushed tomatoes (1 3/4 cups)
- [ ] 1/2 cup (125ml) vegetable broth or stock
- [ ] 4 ounces kale, stems removed (I use a package from the salad greens section)
- [ ] 1 cup (150 grams) feta, crumbled
- [ ] 4 to 6 large eggs (shown with 6)
- [ ] 1 tablespoon za'atar
- [ ] Handful of mint leaves, chopped
- [ ] Toasted pita wedges, to serve (optional)
- [ ] Dollops of plain Greek yogurt, to serve (optional)

*Bon appétit!*