

Weekly Meal Plan

Grocery List, March 3-10 2025

1. [Brothy Cavatelli with Sundried Tomatoes & Parmesan](#) from Justine Doiron

- 3 small shallots
- 4 cloves garlic
- 2 cups kale
- 1 7 ounces jar of sun-dried tomatoes, packed in oil
- 1 tsp each of dried oregano, fennel seeds, dried thyme
- 1/2 tsp red pepper flakes
- 4 cups vegetable stock
- 1 parmesan rind optional, but really delicious
- 8 ounces dried cavatelli pasta
- 1 & 1/2 cups Pacific Foods Herb & Roasted Garlic Creamy plant-based broth you can sub this for 1 & 1/2 cups of unflavored oat milk, but the broth adds an amazing layer of flavor!
- 1 lemon for juicing
- 2 ounces fresh parmesan for garnish
- Kosher salt and fresh cracked black pepper as needed

2. [Roasted Cauliflower Lentil Curry](#) from Pick Up Limes

Roasted cauliflower:

- 1 medium head cauliflower, cut into bite-sized pieces
- 1 Tbsp (15 mL) vegetable oil
- 1 tsp (3 g) garlic powder
- 1 tsp (2 g) onion powder
- ½ tsp paprika powder
- ¼ tsp salt
- ¼ tsp ground black pepper

Curry:

- 1 cup (190 g) uncooked brown rice
- 1 Tbsp (15 mL) vegetable oil
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 1 Tbsp (6 g) curry powder
- ½ Tbsp (2 g) garam masala
- ½ Tbsp (5 g) ground turmeric
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) ground coriander
- 1 tsp (3 g) ground cinnamon
- 1 tsp (6 g) salt
- 1⅔ cups (400 g) canned diced tomatoes
- 10 cherry tomatoes, halved (optional)
- 1⅔ cups (399 mL) canned full-fat coconut milk
- 1¼ cups (225 g) cooked brown lentils
- 2 cups (60 g) fresh spinach

3. Gochujang Peanut Veggie Noodles from The Defined Dish

For the Sauce:

- ¼ cup coconut aminos
- ¼ cup creamy peanut butter
- 2 tablespoons coconut sugar
- 1 teaspoon toasted sesame oil
- 3 tablespoons gochujang chili paste
- 1 tablespoon lime juice
- 1 tablespoon rice vinegar
- ½ cup low-sodium vegetable broth
- 2 tablespoons avocado oil
- 1 large shallot, minced
- 4 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 1 teaspoon kosher salt

For the Noodles and Veggies:

- 6 oz. brown rice ramen noodles (see note)
- 2 cups shredded red cabbage
- 2 cups snow peas, cut on the diagonal
- 1 cup shelled edamame

For Serving:

- ½ cup roasted unsalted peanuts, roughly chopped
- ½ cup julienned Thai basil
- 4 scallions, thinly sliced
- Crushed red pepper flakes, optional

4. [Mediterranean Avocado Grilled Cheese](#) from Del's Cooking Twist

- 8 thick slices of sourdough bread
 - 2 Tablespoons unsalted butter + extra for cooking
 - 4 Tablespoons basil pesto
 - 8 mozzarella slices, for sandwiches
 - 1–2 handful(s) baby spinach
 - 6–8 cherry tomatoes, halved
 - 1 avocado, stoned and sliced
 - Salt and freshly ground pepper
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5. [Loaded Vegan Veggie Soup](#) from Orchids + Sweet Tea

- 1 (15 oz.) can red kidney beans, drained + rinsed
- 1 (15 oz.) can navy beans, drained + rinsed
- 1 (14 oz.) can fire roasted tomatoes
- 1 tablespoon Extra virgin olive oil
- ½ red onion, chopped
- 4 garlic cloves, minced
- 1 carrots, peeled + grated (You can also chop them if preferred)
- 2 cups chopped kale, organic
- 1 cup sweet corn, white or yellow
- 1-2 cups organic green peas, fresh or frozen
- 4-5 cups organic vegetable stock/broth
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon turmeric powder
- 1 teaspoon red pepper flakes, optional
- 1 teaspoon dried basil
- 1 teaspoon garlic powder

6. Green Goddess Tortellini Salad from Cookie + Kate

For the Green Goddess Dressing:

- 1 cup plain Greek yogurt, preferably full-fat (made with whole milk)
- 1 cup lightly packed fresh herbs (tender stems are fine): use cilantro, parsley, dill, basil and/or mint, with up to ¼ cup chives or green onion (sliced into ½" segments)
- Optional: Up to 2 tablespoons fresh tarragon leaves
- 1 medium clove garlic, roughly chopped
- ½ teaspoon fine sea salt
- Lots of freshly ground black pepper, to taste

For the Salad:

- 1 batch Green Goddess Dressing
- 2 packages (8 to 10 ounces each) spinach or cheese tortellini
- 1 teaspoon salt, more to taste
- 3 cups tender vegetables*
- 2 handfuls of baby arugula
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- Lemon zest
- Flaky sea salt, to taste (optional)

7. Peach Brie Flatbread from Two Peas and Their Pod

- 2 naan flatbreads*
- 1/2 tablespoon olive oil
- 1 small clove garlic, minced
- 6 ounces brie cheese, rind removed and thinly sliced
- 2 peaches, thinly sliced
- 3 tablespoons thinly sliced red onion
- 3/4 cup blackberries
- Fresh basil leaves, for garnish
- 1 cup arugula
- Flaky sea salt, for sprinkling
- Honey or hot honey, for drizzling
- 3 tablespoons chopped pistachios, for sprinkling, optional

Bon appetit!