

# Weekly Meal Plan

*Grocery List, March 31- April 6 2025*

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## 1. [Easy Frittata with Caramelized Onions & Goat Cheese](#) from Eating Bird Food

- ½ Tablespoon olive or avocado oil
  - ½ medium yellow onion, thinly sliced
  - 2 cloves garlic
  - 1 red bell pepper, cored, seeded, and chopped
  - 2 cups fresh baby spinach, roughly chopped
  - ¾ teaspoon sea salt, divided
  - Cracked pepper, to taste
  - 10 large eggs
  - ½ cup unsweetened almond milk
  - 2 ounces chèvre soft goat cheese, or Boursin cheese
  - Fresh parsley, for serving
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## 2. [Tofu and Brown Rice Lettuce Wraps with Peanut Sauce](#) from Pinch of Yum

### Lettuce Wraps

- olive oil
- One 14-ounce block extra firm tofu – minimally pressed to remove water
- about 2 cups cooked brown rice and/or quinoa or other grains (use the 8.5 ounce precooked packages so it's very, very easy)
- butter lettuce or leaf lettuce for wrapping
- spicy mayo (see notes)
- chopped peanuts or crispy onions for topping

### SOS Peanut Sauce

- 1/2 cup teriyaki sauce
- juice of 1 orange
- 1/4 cup peanut butter
- a squirt of Sriracha or other chile sauce if you want

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### 3. Puff Pastry Pizza from Taming Twins

- 1 Puff pastry sheet
- 250 g Passata
- 1 tsp Oregano
- 1 tsp Garlic powder
- 1 tbsp Tomato puree
- 125 g Mozzarella
- Chosen toppings (I used cherry tomatoes)
- 1 tbsp Pesto, (Optional)
- Sea salt and freshly ground black pepper

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#### 4. 30 Minute Vegan Stir Fry Sesame Noodles with Chickpeas & Basil from Ambitious Kitchen

##### For the sauce:

- 1/3 cup low sodium soy sauce or coconut aminos
- 1/3 cup water
- 3 cloves garlic, minced
- 2 tablespoons coconut sugar or brown sugar (or sub 1 tablespoon pure maple syrup)
- 1 tablespoon sesame oil (preferably toasted sesame oil)
- 1 tablespoon rice vinegar
- 1 tablespoon fresh grated ginger
- 1 tablespoon sesame seeds (or sub 1 tablespoon tahini)
- 1/2 teaspoon red pepper flakes
- 1/2 tablespoon arrowroot starch (or sub cornstarch)

##### For the veggies & chickpeas:

- 1 tablespoon toasted sesame oil (preferably toasted sesame oil)
- 1/2 white onion, cut into large chunks
- 2 large carrots, thinly sliced
- 1 red bell pepper, chopped
- 1 large head of broccoli, chopped into florets
- 1 (15 ounce) can chickpeas, rinsed and drained

##### For the noodles:

- 10 ounces stir fry rice noodles (or feel free to sub ramen noodles or soba noodles)
- For serving:
- 1/2 cup basil leaves, ribboned/julienned
- 1/2 cup roasted cashews, chopped
- Scallions (green part of the onion only)
- Extra sesame seeds

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## 5. [1-Pot Spicy Pumpkin Tomato Soup](#) from Minimalist Baker

- 1 Tbsp olive, coconut, or avocado oil (if avoiding oil, sub water)
- 1 medium-large white or yellow onion, finely diced (1 onion yields ~2 cups or 300 g)
- 2 cloves garlic, minced
- 1 ½ – 2 Tbsp minced fresh ginger (adjust depending on how much you love ginger)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2-3/4 tsp ground cayenne (start with the lesser amount)
- 1/4 tsp ground allspice (optional but recommended)
- 1 (15-oz.) can crushed or diced tomatoes
- 1 (15-oz.) can pumpkin purée (or sub ~1 ½ cups homemade in place of 1 can)
- 1 (14-oz.) can light or full-fat coconut milk (full-fat for a richer soup/or sub cashew cream)
- 1 cup water (or sub vegetable broth)
- 1 tsp sea salt (plus more to taste/start with 3/4 tsp if using vegetable broth)
- 3/4 tsp ground black pepper

### For serving (optional):

- Freshly chopped cilantro
- Chopped roasted cashews (or toasted raw cashews\*)
- Vegan naan (or gluten-free naan)

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## 6. Pappardelle al Limone from Not Just Food

### For the creamy lemon sauce:

- 30 g butter
- 2 garlic cloves – minced
- zest of one lemon – organic, unwaxed
- juice of one lemon
- 150 ml heavy cream
- 100 g Parmesan cheese – freshly and finely grated
- fresh parsley – finely chopped to garnish the pasta
- salt and pepper to taste

### To serve:

- 300 g fresh pappardelle pasta OR 220 g dried pasta of your choice – to make fresh pappardelle you'll need about 200 g of flour and 2 eggs

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## 7. Spicy Gochujang Tomato Tofu from Pick Up Limes

- 1 cup (185 g) uncooked long-grain white rice
- 1 Tbsp (15 mL) vegetable oil
- 11 oz (320 g) firm tofu, pressed, cut into 1 cm cubes
- ¼ cup (72 g) gochujang chili paste, or less for less heat
- 5 garlic cloves, minced
- 3 Tbsp (45 mL) sodium-reduced soy sauce
- 2 Tbsp (28 g) light brown sugar
- 3½ cups (525 g) cherry tomatoes, halved

*Bon appétit!*