

no sweat BUSY FAMILY

MEAL PLAN + SHOPPING LIST



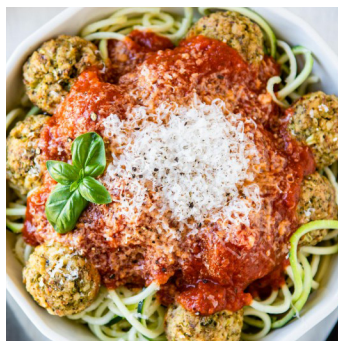
MONDAY

Hoisin Tempeh Lettuce Wraps



TUESDAY

Grilled Peach Caprese Naan Pizzas



WEDNESDAY

Almond Broccoli Meatless Meatballs + Zoodles

THURSDAY

TLT Sandwiches

FRIDAY

Sheet Pan Polenta with Roasted Broccoli and Parmesan



NO-RECIPE MEALS

SHOPPING LIST

PANTRY STAPLES

- ☐ Salt and pepper
- ☐ Olive oil
- ☐ Coconut or avocado oil
- ☐ Balsamic vinegar
- ☐ Mayo
- ☐ Salad dressing

BULK SECTION

- ☐ 1/4 cup roasted cashews
- ☐ 1/2 cup raw almonds

PRODUCE

- ☐ 1 bunch broccoli
- ☐ 1 small cucumber
- ☐ 1 large heirloom tomato
- ☐ 1 lime
- ☐ 1 mango
- ☐ 2 peaches
- ☐ 1 package zoodles
- ☐ 1 package mixed greens
- ☐ 1 large head bibb or butter lettuce
- ☐ 1 head garlic
- ☐ Basil

DAIRY + REFRIGERATED

- ☐ 1 (8-ounce) package tempeh
- ☐ 1 (8-ounce) package tempeh bacon
- ☐ 8 ounces fresh mozzarella
- ☐ 1 package shredded Parmesan cheese
- ☐ 1 egg

CANNED + DRY GOODS

- ☐ Hoisin sauce (2 tbsp.)
- ☐ 1 jar pasta sauce
- ☐ 1 tube polenta
- ☐ Sriracha or sweet chili sauce

BAKERY

- ☐ 1 package naan (4 pieces)
- ☐ 1 loaf sandwich bread