



Plant-based weekly menu

Week one menu and shopping list

Presented by
Culinary Medicine

Contact us:
spectrumhealth.org/culinarymedicine



Week one menu:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Banana muffins	Banana muffins (leftovers)	Frozen berry smoothie	Fruit and nut oatmeal	Purple spinach smoothie	Frozen berry smoothie	Waffles
Lunch	Purple cabbage and edamame salad	Chana masala and sautéed swiss chard (leftovers)	Quinoa lettuce wraps with spicy peanut sauce (leftovers)	Sweet potato avocado tacos (leftovers)	Spaghetti with lentils (leftovers)	Tortilla soup (leftovers)	Laguna beach apricot lentil soup
Dinner	Chana masala and sautéed swiss chard	Quinoa lettuce wraps with spicy peanut sauce	Sweet potato avocado tacos	Spaghetti with lentils	Tortilla soup	Quick red beans and rice	Greek nachos with herbed tahini sauce

Snacks: Fresh produce is a great thing to have on hand to snack on between meals: apples, bananas, carrots, celery, pears, oranges, cucumbers, bell peppers, pineapple, peaches, strawberries, blueberries and tomato.

Note: Before grocery shopping, check your refrigerator and pantry for items you may already have on hand.



Week one grocery list:

☐ Always keep in your kitchen: olive oil, salt and ground black pepper.

Produce:

- ☐ Avocado – 3 each
- ☐ Banana, ripe – 8 each
- ☐ Bell pepper, green – 1 each
- ☐ Bell pepper, red – 2 each
- ☐ Berries, seasonal – 5 cups
- ☐ Carrot, chopped – 1 cup
- ☐ Celery, diced – 1½ cups
- ☐ Cilantro – 1 bunch
- ☐ Cucumber, chopped – 1¼ cups
- ☐ Garlic – 2 heads
- ☐ Ginger, fresh – 1 tablespoon
- ☐ Lemon – 5 each
- ☐ Lettuce, Bibb – 16 leaves
- ☐ Lime – 3 each
- ☐ Mushroom – 18 ounces
- ☐ Onion, green – 1 bunch

- ☐ Onion, red, diced – 1 each
- ☐ Onion, yellow, chopped – 1½ pounds
- ☐ Parsley – 1 bunch
- ☐ Potato, sweet – 2 each
- ☐ Purple cabbage, chopped – 2 cups
- ☐ Spinach – 3 cups
- ☐ Swiss chard – 1 pound
- ☐ Tomato, large – 5 each

Spices:

- ☐ Bay leaves – 2
- ☐ Chili powder – ¾ teaspoon
- ☐ Cinnamon, ground – 3 teaspoons
- ☐ Cumin, ground – 3 teaspoons
- ☐ Garam masala – ½ tablespoon
- ☐ Italian seasoning – 2 teaspoons
- ☐ Mustard powder – 2 teaspoons
- ☐ Paprika, smoked – 2 tablespoons
- ☐ Thyme, dried – ½ teaspoon
- ☐ Turmeric, ground – ½ teaspoon

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Nonperishable:

- ☐ Applesauce, unsweetened – 1 cup
- ☐ Apricots, dried – 1½ cups
- ☐ Baking soda – 1½ teaspoons
- ☐ Beans, black, canned – 15.5 ounces
- ☐ Beans, chickpeas, canned – 32 ounces
- ☐ Beans, kidney, canned – 30 ounces
- ☐ Broth, vegetable – 100 ounces
- ☐ Chipotle chili, dried – 1
- ☐ Chocolate chips – 2 tablespoons
- ☐ Flaxseed, ground – ½ cup
- ☐ Flour, whole-wheat – 1¾ cups
- ☐ Hot sauce – 1 teaspoon
- ☐ Lentils, brown, dried – 24 ounces
- ☐ Maple syrup – ½ cup
- ☐ Nuts, walnuts – ¾ cup
- ☐ Oats, old-fashioned or rolled – 4 cups
- ☐ Olives, Kalamata, pitted – ¼ cup
- ☐ Pasta, whole-wheat, dried – 1 pound
- ☐ Peanut butter – ¾ cup
- ☐ Pecans – 2 tablespoons
- ☐ Quinoa – 1 cup
- ☐ Rice, brown basmati – 1 cup
- ☐ Rice, brown – 1 cup
- ☐ Sesame seeds – ¼ cup
- ☐ Soy sauce, low-sodium – ¼ cup
- ☐ Tahini – ⅓ cup
- ☐ Tomatoes, canned, diced – 21 ounces
- ☐ Tomato sauce – 16 ounces
- ☐ Vanilla extract – 1½ teaspoons
- ☐ Vinegar, apple cider – 2 teaspoons
- ☐ Vinegar, balsamic – ¼ cup

Refrigerated:

- ☐ Nondairy beverage, plain, unsweetened (almond, rice, soy, etc.) – 96 ounces
- ☐ Orange juice – 16 ounces
- ☐ Yogurt, nondairy, plain – 3¼ cups

Frozen:

- ☐ Berries (blueberries, strawberries or raspberries) – 4 cups
- ☐ Berries, blueberries – 3 cups
- ☐ Corn – 1 cup
- ☐ Edamame (soybeans), shelled – 3 cups
- ☐ Peas – 1 cup

Baked goods:

- ☐ Pita, whole-wheat, 7-inch – 4 each
- ☐ Tortilla, corn – 9 each

Plant-based weekly menu

Week two menu and shopping list

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Week two menu:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Blueberry cobbler overnight oats	Blueberry cobbler overnight oats (leftovers)	Tropical green smoothie	Breakfast cookies	Breakfast cookies (leftovers)	Tropical green smoothie	Tex-Mex hash browns
Lunch	Laguna beach apricot lentil soup (leftovers)	Loaded baked sweet potatoes (leftovers)	Penne with roasted cauliflower and parsley pesto (leftovers)	Classic crunchy lentil tacos (leftovers)	Roasted carrots with farro and chickpeas with basil lemon drizzle (leftovers)	Southwest tofu scramble (leftovers) in corn or whole-grain tortillas	Beet, mandarin orange, kumquat and toasted barley salad
Dinner	Loaded baked sweet potatoes	Penne with roasted cauliflower and parsley pesto	Classic crunchy lentil tacos	Roasted carrots with farro and chickpeas with basil lemon drizzle	Southwest tofu scramble	Chickpea noodle soup	Rice and bean burrito

Snacks: Fresh produce is a great thing to have on hand to snack on between meals: apples, bananas, carrots, celery, pears, oranges, cucumbers, bell peppers, pineapple, peaches, strawberries, blueberries and tomato.

Note: Before grocery shopping, check your refrigerator and pantry for items you may already have on hand.



Week two grocery list:

☐ Always keep in your kitchen: olive oil, salt and ground black pepper.

Produce:

- ☐ Avocado – 5 each
- ☐ Banana, ripe – 4 each
- ☐ Basil – 1 cup
- ☐ Beet – 4 each
- ☐ Bell pepper, green – 2 each
- ☐ Bell pepper, red – 3 each
- ☐ Blueberries – 2 cups
- ☐ Carrot, chopped – 1 pound
- ☐ Cauliflower – 5½ cups
- ☐ Celery, chopped – 1½ cups
- ☐ Chives, chopped – 2 tablespoons
- ☐ Cilantro – 1 bunch
- ☐ Garlic – 2 heads
- ☐ Kale – 4 cups
- ☐ Kiwi – 6 each
- ☐ Kumquat – 12 each

- ☐ Lemon – 3 each
- ☐ Lime – 2 each
- ☐ Mint – 1 bunch
- ☐ Onion, green – 1 bunch
- ☐ Onion, red – 3 each
- ☐ Onion, yellow – 1½ pounds
- ☐ Orange, mandarin – 6 each
- ☐ Orange, naval – 4 each
- ☐ Parsley – 2 bunches
- ☐ Potato, Russet – 2 pounds
- ☐ Potato, sweet – 1½ pounds
- ☐ Spinach – 10 cups
- ☐ Tomato, large – 2 each
- ☐ Zucchini – 2 each

Spices:

- ☐ Chili powder – 4 tablespoons
- ☐ Cinnamon, ground – 2 teaspoons
- ☐ Coriander, ground – ½ teaspoon
- ☐ Cumin powder – 4 tablespoons
- ☐ Garlic powder – 2 tablespoons
- ☐ Onion powder – 2 teaspoons
- ☐ Oregano, dried – 3 tablespoons
- ☐ Paprika – 1½ teaspoons
- ☐ Paprika, smoked – ¼ teaspoon
- ☐ Red pepper flakes – ¼ teaspoon
- ☐ Turmeric – ½ teaspoon

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Nonperishable:

- ☐ Barley, dried – 2 cups
- ☐ Beans, black, canned – 30.5 ounces
- ☐ Beans, cannellini, canned – 15 ounces
- ☐ Beans, chickpeas, canned – 34 ounces
- ☐ Beans, pinto, canned – 30 ounces
- ☐ Broth, vegetable, low sodium – 100 ounces
- ☐ Coconut milk, canned, light – 1 cup
- ☐ Deglet Noor dates, pitted – 8 each
- ☐ Farro – 1 cup
- ☐ Lentils, green – 1 cup
- ☐ Maple syrup – 3 tablespoons
- ☐ Nonstick cooking spray
- ☐ Nutritional yeast – ½ cup
- ☐ Nuts, almonds – 3 tablespoons
- ☐ Nuts, cashews – ½ cup
- ☐ Oats, old-fashioned – 3 cups
- ☐ Oil, sesame – 2 teaspoons
- ☐ Olives, black, pitted – 1 cup

- ☐ Pasta, whole-grain, elbows – 16 ounces
- ☐ Pasta, whole-grain, penne – 8 ounces
- ☐ Peanut butter, creamy – ⅓ cup
- ☐ Pepitas – 3 tablespoons
- ☐ Pineapple juice, 100% juice – 8 ounces
- ☐ Rice, brown – ½ cup
- ☐ Salsa – ½ cup
- ☐ Tomatoes, canned, diced – 24 ounces
- ☐ Worcestershire sauce – 1 teaspoon

Refrigerated:

- ☐ Miso paste, white – 2 tablespoons
- ☐ Nondairy beverage, plain, unsweetened (almond, rice, soy, etc.) – 24 ounces
- ☐ Tofu, extra-firm – 16 ounces
- ☐ Yogurt, nondairy, plain – ½ cup

Frozen:

- ☐ Corn – 2 cups
- ☐ Pineapple, chunks – 2 cups

Baked goods:

- ☐ Bread, whole-grain – 4 slices
- ☐ Tortilla, corn – 18 each
- ☐ Tortilla, whole-wheat – 5 each