

5 Simple Meals

“Summer Lovin”

Our simple shopping list helps you put food on the table fast

Recipes Tofu Chilaquiles (p. 129/blog), Red Lentil Dal (p. 73/blog), Tomato & Basil Frittata (p. 15), Portobello Steaks (p. 148/blog), Mexican Cabbage (p.130/blog)

Produce & Fresh Herbs:

- Tomatoes (4 cups worth)
- Basil (handful)
- Cabbage
- Corn, Fresh or Frozen (3 cups worth)
- Cilantro*
- Garlic, Head (2)
- Onion (4)
- Portobellos (2+)

Canned Goods & Condiments

- Black Beans (15 oz)
- Dijon Mustard
- Green Chilis (4 oz)
- Hot Sauce*
- Salsa Verde
- Tomato Paste
- Tomato Sauce (8 oz)
- Vegetable Broth (2 cups)

Tofu & Non-Dairy:

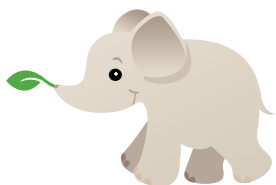
- Extra-Firm Tofu x2

Breads & Dry Ingredients

- Corn Chips
- Red Lentils (1/2 cup)

From the Pantry & Spice Rack

Basil	Garlic Powder (Granulated)	Paprika
Cayenne*	Ground Cumin	Thyme
Chili Powder	Ground Ginger	Turmeric
Chives*	Nutritional Yeast	Salt, Pepper
Coriander	Onion Powder (Granulated)	Sherry or Mirin
Garam Masala	Oregano	



Happy Herbivore

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