

5 Simple Meals

Summer Fresh Faves

Our simple shopping list helps you put healthy meals on the table fast

Recipes Hawaiian Chickpea Teriyaki over brown rice (p. 127/blog), Cheater Pad Thai with vegetables (p. 117), Yellow Lentil Dal (p. 74) over greens, Mushroom Burgers (p. 89), Tofu Scramble with seasonal vegetables (p. 18/blog) & Pancakes (p. 28).

Produce & Tofu:

- Cremini (Brown) Mushrooms (8 oz)
- Fresh Pineapple/Mango Salsa
- Greens (choice)
- Vegetables (choice) for Tofu Scramble*
- Vegetables (choice) for Pad Thai*
- Firm or Extra Firm Tofu

Breads & Dry Ingredients

- Brown Rice* (1 cup)
- Pad Thai Noodles (or Fettuccine) (4 oz)
- Yellow Split Peas (1 cup)
- Vital Wheat Gluten (1/3 cup)
- Whole Wheat Bread (1 slice)**
- Whole Wheat Buns

Canned Goods & Condiments

- Barbecue Sauce
- Chickpeas (15 oz)
- Dijon Mustard
- Hot Sauce*
- Kidney or Pinto Beans (15 oz)
- Low Sodium Soy Sauce
- Maple Syrup
- Steak Sauce
- Sweet Red Chili Sauce
- Teriyaki Sauce

Baking

- Baking Powder
- Whole Wheat Pastry Flour (1 cup)

*Optional

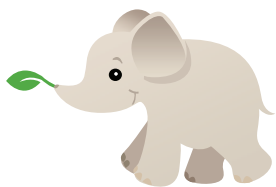
** If you don't have an extra slice of bread, use a handful of instant oats

From the Pantry & Spice Rack

Barbecue Sauce
Cayenne*
Garam Masala
Garlic Powder (Granulated)
Ground Cinnamon

Ground Cumin
Ground Ginger
Nutritional Yeast
Onion Powder (Granulated)
Paprika

Peanut Butter
Salt, Pepper
Turmeric
Yellow Mustard



Happy Herbivore

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