

LOVE & LEMONS

5-Day Meal Plan Grocery List (for 2 people)

Main Ingredients:

1 (2-pound) cauliflower
1 pound Brussels sprouts
1 bunch broccolini
2 parsnips
1 large bunch lacinato kale
1 garlic bulb
1 bunch cilantro
2 lemons
3/4 cup pepitas
1 cup raw quinoa
1 (14-ounce) can chickpeas
Large flour tortillas
jack cheese (vegan version: 1 can refried beans)
Tomatillo salsa (I used the Frontera brand)
6 ounces orecchiette pasta
Vegetable Broth
1 yellow onion
Naan Bread (I used Whole Foods' brand)

Staples you likely already have:

Olive oil
Pure maple syrup (or honey)
Curry powder
Cayenne pepper
Red pepper flakes

Optional:

Bubbies sauerkraut (recommended for the grain bowls)
1 Avocado (optional, for the quesadillas)
Lime wedges (optional, for the quesadillas)
Serrano or jalapeño pepper (to serve with the quesadillas)
Pecorino cheese (a few shavings for the pasta)
White wine (for the pasta, or use vegetable broth)
Micro greens (for garnishing the soup)

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