

Soup, Salad, and Sandwich Grocery List

Zucchini Pesto Sandwich	Substitutions	To Do The Night Before	Equipment Needed
3 red bell peppers	Jar of roasted peppers Tomatoes instead of peppers	Roast peppers if using fresh peppers	Baking sheet Cutting board and knife
Bakery style bread or sturdy bread	Any bread, pita bread, tortillas		
Vegan mozzarella cheese	Your favorite cheese		

Zucchini Pesto	Substitutions	To Do The Night Before	Equipment Needed
Basil leaves			Food processor Cutting board and knife Measuring cups Measuring spoons
Zucchini	Spinach, kale		
Pine nuts	Walnuts, mac nuts, pumpkin seeds, sunflower seeds		
Lemon juice			
Nutritional yeast			
Garlic			
Salt and pepper			

Cauliflower Salad	Substitutions	To Do The Night Before	Equipment Needed
1 head cauliflower	Frozen cauliflower	Chop cauliflower into florets or defrost frozen cauliflower	Cutting board and knife Measuring cups and spoons Mixing bowls
2.25 oz can black olives		slice	
6 oz banana pepper rings			
Bell pepper		chop	
Red onion		chop	
Parsley	Basil, green onion		
Olive oil	Any mild flavor oil		
Red wine vinegar	Any vinegar		
Dijon mustard			
Garlic powder			
Italian seasoning			
Nutritional yeast	optional		

Minestrone Soup	Substitutions	To Do The Night Before	Equipment Needed
Olive oil	Any mild flavor oil		Cutting board and knife Measuring cups and spoons Large pot and mixing spoon
Onion		Chop	
Celery		Chop	
Carrots		Chop	
Garlic		Chop	
14 oz can diced tomatoes			
Vegetable broth			
Tomato paste	Ketchup		
Italian seasoning			
15 oz can white beans			
15 oz can kidney beans			
Potatoes		Dice and place in Tupperware and cover with water	
Green beans	Frozen green beans		
Shell pasta	Any pasta		
Spinach	Kale		
parsley			