



vegan meal plan shopping list

southwestern veggie wraps

**carrot ginger and red lentil
soup**

**general tso's (not) chicken
bowls**

**sesame soba noodle bowls with roasted
veggies & baked tofu**

**barbecue chickpea & sweet potato polenta
bowls**

THINGS YOU PROBABLY HAVE ON HAND

- cornstarch (about 1/3 cup)
- olive oil (3 tbsp.)
- chili powder (1/2 tsp.)
- ground coriander (1/2 tsp.)
- cayenne pepper (dash)
- paprika (1 ¼ tsp.)
- ground cumin (1 ½ tbsp.)
- unflavored soy milk (1 cup)
- vegetable oil (3 tbsp.)
- apple cider vinegar (2 tbsp.)
- salt
- pepper

FRESH PRODUCE

- 1 broccoli crown
- 1 ½ lb. carrots
- 1 piece fresh ginger
- 3 cups baby spinach
- 1 tomato
- 2 sweet potatoes
- 2 yellow onions
- 2 red onions
- ¾ lb. asparagus
- 1 garlic bulb
- 1 bunch scallions

REFRIGERATED GOODS

- 2 (8 oz.) packages seitan
- 1c. prepared guacamole
- 1lb. package extra firm tofu

CANNED & JARRED GOODS

- maple syrup (5 tbsp.)
- tomato paste (3 tbsp.)
- soy sauce (about ¾ cup)
- rice vinegar (5 tbsp.)
- tahini (about 2 tbsp.)
- sriracha sauce (2 tsp.)
- vegetable broth (2 ¼ cups)
- sesame oil (2 tsp.)
- hoisin sauce (2 tbsp.)
- 1 (15 oz.) can black beans
- 1 (14 oz.) can chickpeas
- blackstrap molasses (2 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- dried red lentils (1 cup)
- polenta grits (1 cup)
- dried chili peppers (15)
- sesame seeds (2 tbsp.)
- dried soba noodles (8 oz.)

EVERYTHING ELSE

- 4 flour tortillas