

vegan meal plan shopping list

**roasted chili lime basil
tofu bowls**

**crispy baked avocado
tortas**

**vegan sun-dried tomato
fettuccine alfredo**

**vegan balsamic veggie & sun-dried
tomato hummus panini**

**make & freeze veggie slow
cooker tortilla soup**

THINGS YOU PROBABLY HAVE ON HAND

- salt
- pepper
- soy or almond milk (1/2 cup)
- olive oil (about 3/4 cup)
- garlic powder (1/2 tsp.)
- red pepper flakes (1/2 tsp.)
- cayenne pepper (1/4 tsp.)
- ground cumin (2 1/2 tsp.)
- chili powder (2 tsp.)
- ground coriander (1/2 tsp.)
- 1 bay leaf

FRESH PRODUCE

- 2 limes
- 1 broccoli crown
- 1 bunch basil
- 2 avocados
- 2 poblano peppers
- 1 bunch green leaf lettuce
- 1 garlic bulb
- 1 red bell pepper
- 1 zucchini
- 2 onions
- 1 cup arugula
- 1 jalapeño pepper
- 3 lemons
- 1/2 cup sprouts

REFRIGERATED GOODS & DAIRY

- 14 oz. extra-firm tofu

FROZEN FOODS

- frozen corn (1 cup)

CANNED & JARRED GOODS

- 2 (14 oz.) cans black beans
- 1 (15 oz.) can chickpeas
- 1 (14 oz.) can diced tomatoes
- balsamic vinegar (3 tbsp.)
- vegetable broth (6 3/4 cup)
- tahini (2 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- cornstarch (2 tbsp.)
- nutritional yeast (1 tbsp.)
- panko breadcrumbs (1 cup)
- brown rice (1 cup)
- raw cashews (1 cup)
- ground flaxseed (2 tbsp.)
- sun-dried tomatoes (1 1/2 cups)
- whole wheat fettuccine (8 oz.)
- sunflower seeds (1/4 cup)

EVERYTHING ELSE

- 4 bolio or telera rolls
- 1 loaf sandwich bread