

vegan meal plan shopping list

**the ultimate vegan taco
salad**

**thai peanut empowered
bowls**

teriyaki chickpea stir-fry

**roasted mushroom vegetable bowls with
avocado pistachio pesto**

spring minestrone soup

THINGS YOU PROBABLY HAVE ON HAND

- granulated sugar (2 tsp.)
- olive oil (about ½ cup)
- smoked paprika (3/4 tsp.)
- dried oregano (1/2 tsp.)
- cayenne pepper
- dried basil (1 tsp.)
- dried thyme (1/2 tsp.)
- chili powder (2 tsp.)
- ground cumin (2 ½ tsp.)
- salt
- pepper

FRESH PRODUCE

- 4 portabella mushrooms
- 2 bunches asparagus
- 4 red bell peppers
- 2 small potatoes
- 1 red onion
- 1 avocado
- 2 lemons
- 1 bunch fresh basil
- 1 bulb garlic
- 2 onions
- 6 carrots
- 1 zucchini
- 2 cups baby arugula
- 1 piece fresh ginger
- 8 oz. cremini mushrooms
- 8 oz. snap peas
- 1 bunch scallions
- 1 english cucumber
- 1 bunch fresh cilantro
- 2 heads romaine lettuce
- 1 large tomato
- 5 limes

FROZEN GOODS

- frozen edamame (16 oz.)
- frozen peas (1/2 cup)
- fire roasted corn kernels (1 cup)

CANNED & JARRED GOODS

- 1 (28 oz.) can fire roasted tomatoes
- 1 (15 oz.) can black beans
- 2 (15 oz.) cans chickpeas
- jarred salsa (about 2 cups)
- sesame oil (3 tbsp.)
- teriyaki sauce (1/2 cup)
- peanut butter (3 tbsp.)
- balsamic vinegar (3 tbsp.)
- low sodium vegetable broth (6 cups)

GRAINS, LEGUMES, PASTA & BULK

- uncooked farro (2 cups)
- dried brown rice (1 cup)
- shelled pistachios (1/4 cup)
- roasted cashews (1/4 cup)
- dried elbow pasta (3/4 cup)
- sesame seeds (about ¼ cup)
- raw cashews (1/2 cup)
- tamari (about 1/3 cup)
- soba noodles (4 oz.)

EVERYTHING ELSE

- 1 small bag tortilla chips