

vegan meal plan shopping list

**vegetable & plantain
moqueca**

**mango daikon glass noodle
salad**

**thai basil tofu
stir-fry**

**cauliflower and chickpea
coconut curry**

**maple sriracha
tempeh burgers**

THINGS YOU PROBABLY HAVE ON HAND

- coconut oil (2 tbsp.)
- olive oil (2 tbsp.)
- vegetable oil (about 3 tbsp.)
- cane sugar (2 tsp.)
- brown sugar (2 tbsp.)
- maple syrup (2 tbsp.)
- cornstarch (1 ½ tsp.)
- tamari (1/4 cup)
- ketchup
- sweet paprika (2 tsp.)
- ground coriander (2 tsp.)
- garam masala (1 tbsp.)
- ground cumin (1 tsp.)
- ground turmeric (1 tsp.)
- salt
- pepper

FRESH PRODUCE

- 3 onions
- 3 red bell peppers
- 2 garlic bulbs
- 1 jalapeño pepper
- 2 daikon radishes
- 1 tomato
- 1 zucchini
- 1 bunch fresh cilantro
- 1 bunch scallions
- 1 unripe mango
- 3 carrots
- 1 bunch fresh mint
- 1 large bunch fresh basil
- 3 limes
- 1 piece fresh ginger
- 1 large broccoli crown
- ¼ cup microgreens
- 2 ripe plantains
- 1 avocado
- 1 small lettuce head
- 1 head cauliflower

REFRIGERATED GOODS & DAIRY

- 1 (14 oz.) package extra firm tofu
- 1 (8 oz.) package tempeh

CANNED & JARRED GOODS

- 3 (14 oz.) cans diced tomatoes
- 1 (14 oz.) can black beans
- 2 (14 oz.) cans coconut milk
- 2 (15 oz.) cans chickpeas
- sesame oil (1 tsp.)
- rice vinegar (1 tbsp.)
- liquid smoke (1/2 tsp.)
- sriracha sauce

GRAINS, LEGUMES, PASTA & BULK

- gluten-free rolled oats (1 cup)
- roasted peanuts (1/4 cup)
- 3 cups rice
- rice vermicelli noodles (4 oz.)

EVERYTHING ELSE

- 4 gluten-free burger buns