

## vegan meal plan shopping list

**cilantro peanut soba  
noodles**

**tofu frittata with spinach  
and peppers**

**chipotle peach farro bbq  
sandwiches**

**cuban fried quinoa with black beans and  
smoky tempeh**

**beer marinated grilled mushroom tacos  
with pepita relish & chipotle crema**

### THINGS YOU PROBABLY HAVE ON HAND

- molasses (2 tbsp.)
- cornstarch (1 tbsp.)
- brown sugar (1 tbsp.)
- olive oil (about 1/3 cup)
- ground cumin (2 tsp.)
- ground turmeric (1/2 tsp.)
- red pepper flakes
- salt
- pepper

### FRESH PRODUCE

- 4 limes
- 8 portabella mushrooms
- 1 small red onion
- 4 yellow onions
- 2 red bell peppers
- 1 green bell pepper
- 1 jalapeno pepper
- 1 bunch green onions
- 1 medium red potato
- 2 cups baby spinach
- 1 large bunch fresh cilantro
- 1 tomato
- 2 garlic bulbs
- 1 large broccoli crown
- 1 medium pineapple
- 1 piece fresh ginger

### REFRIGERATED GOODS

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

### CANNED & JARRED GOODS

- peach preserves (1/4 cup)
- maple syrup (about 1/4 cup)
- 1 (14 oz.) can black beans
- 1 (8 oz.) can tomato sauce
- soy sauce (about 1/3 cup)
- 1 small can chipotle peppers in adobo sauce
- creamy natural peanut butter (1/4 cup)
- apple cider vinegar (1/4 cup)
- vegetable broth (1 1/2 cups)
- liquid smoke (2 tsp.)
- sambal oelek (1 tbsp.)

### GRAINS, LEGUMES, PASTA & BULK

- nutritional yeast flakes (2 tbsp.)
- pepitas (1/4 cup)
- uncooked quinoa (1 cup)
- pearled farro (1 cup)
- roasted peanuts (1/4 cup)
- dried soba noodles (6 oz.)
- raw cashews (3/4 cup)

### EVERYTHING ELSE

- 1 (12 oz.) bottle pale lager
- 6 burger buns
- 8 to 10 small tortillas