

## vegan meal plan shopping list

**baked cauliflower  
manchurian**

**mediterranean tofu  
scramble**

**creamy vegan  
cajun pasta**

**mexican nourish bowls with  
lime dressing**

**heat-free lentil walnut  
tacos**

### THINGS YOU PROBABLY HAVE ON HAND

- whole wheat flour (1 cup)
- cornstarch (2 tbsp.)
- soy or almond milk (1 cup)
- vegetable oil (about 2 tbsp.)
- olive oil (about 3/4 cup)
- cayenne pepper
- cumin (1 1/4 tsp.)
- smoked paprika (1 tsp.)
- chili powder (1 1/2 tsp.)
- ground turmeric (1 tsp.)
- red pepper flakes (1/2 tsp.)
- ground coriander (1/4 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 1 medium cauliflower
- 2 bunches green onions
- 1 bunch cilantro
- 2 celery stalks
- 2 small red onions
- 2 small yukon gold potatoes
- 1 small sweet potato
- 1 large broccoli crown
- 2 ears corn
- 2 avocados
- 1 red bell pepper
- 1 bunch fresh parsley
- 2 garlic bulbs
- 3 lemons
- 1 lime
- 1 roma tomato
- 1 bunch romaine lettuce
- 8 oz. shiitake mushrooms
- 1 piece fresh ginger
- 1 serrano pepper

### REFRIGERATED GOODS

- extra firm tofu (14 oz.)

### CANNED & JARRED GOODS

- maple syrup (2 tbsp.)
- tomato paste (2 tbsp.)
- soy sauce (about 1/3 cup)
- rice vinegar (2 tsp.)
- sriracha sauce
- 1 (15 oz.) can black beans
- vegetable broth (1 1/2 cups)
- jarred salsa (1 cup)

### GRAINS, LEGUMES, PASTA & BULK

- dried brown lentils (1/2 cup)
- 10 sun-dried tomatoes
- penne pasta (8 oz.)
- shelled walnuts (1 1/2 cups)
- raw cashews (1 cup)
- panko breadcrumbs (1 cup)
- ground flaxseeds (2 tbsp.)
- dried bulguhr (about 3/4 cup)

### EVERYTHING ELSE

- 4 pitas
- cajun seasoning (1 tbsp.)
- za'atar seasoning (2 tbsp.)