

vegan meal plan shopping list

**black bean noodle bowls
with spicy sesame sauce**

lentil taco bowls

**lentil mushroom
burgers**

**plantain black bean tacos with
chimichurri sauce**

**mango sushi bowls with quick pickled
carrots and cucumbers**

THINGS YOU PROBABLY HAVE ON HAND

- brown sugar (3 tbsp.)
- olive oil (about 2/3 cup)
- cooking spray
- red pepper flakes (1/4 tsp.)
- chili powder (1 tsp.)
- cumin (about 1 1/2 tbsp.)
- cinnamon (1 tsp.)
- ancho chile powder (1/2 tsp.)
- 1 bay leaf
- italian seasoning (1 tsp.)
- salt
- pepper

FRESH PRODUCE

- 1 bunch fresh parsley
- 1 large bunch fresh cilantro
- 1 bunch fresh oregano
- 1 garlic bulb
- 1 red onion
- 3 limes
- 1 large carrot
- 2 cucumbers
- 1 large mango
- 1 bunch scallions
- 1 small cauliflower crown
- 1 red bell pepper
- 8 oz. white mushrooms
- 6 radishes
- 2 bunches green leaf lettuce
- 2 tomato
- 3 large ripe plantains
- 1 small piece fresh ginger
- 1 broccoli crown

FROZEN GOODS

- shelled edamame (1 cup)

CANNED & JARRED GOODS

- vegetable broth (2 1/2 cups)
- 1 (15 oz.) can black beans
- soy sauce or tamari (about 1/2 cup)
- red wine vinegar (1 tbsp.)
- rice vinegar (about 1 3/4 cups)
- tahini (about 1/3 cup)
- sriracha sauce (about 3 tsp.)
- agave nectar (1 tbsp.)
- toasted sesame oil (2 tbsp.)
- smooth peanut butter (1 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- nutritional yeast flakes (2 tbsp.)
- brown rice (1/2 cup)
- dried brown lentils (1 1/2 cups)
- toasted sesame seeds (about 1 tsp.)
- old fashioned oats (1/2 cup)
- black bean spaghetti (7 oz.)

EVERYTHING ELSE

- 4 burger buns
- 14 corn tortillas
- red wine (2 tbsp.)