

## vegan meal plan shopping list

**grilled veggie banh mi sandwiches**

**crispy black pepper tofu**

**vegan zucchini taco boats**

**pasta with cilantro jalapeño pesto, fresh corn & tomatoes**

**grilled teriyaki tofu lettuce wraps with creamy sesame dressing**

### THINGS YOU PROBABLY HAVE ON HAND

- sugar (1 ½ tsp.)
- brown sugar (1/4 cup)
- cornstarch (about 1/3 cup)
- vegetable oil (about ¼ cup)
- olive oil (1/4 cup)
- ground cumin (1 tbsp.)
- chili powder (1 tbsp.)
- dried oregano (1 tbsp.)
- smoked paprika (1/2 tbsp.)
- cayenne pepper (1/4 tsp.)
- garlic powder (1/2 tsp.)
- salt
- pepper

### FRESH PRODUCE

- 1 bunch green onions
- 1 medium eggplant
- 2 red bell peppers
- 4 medium carrots
- 1 piece fresh ginger
- 1 small cucumber
- 1 bunch fresh cilantro
- 2 jalapeño peppers
- 4 ears corn
- 1 cup grape tomatoes
- 5 medium zucchini
- 1 bunch butter or bibb lettuce
- 1 bulb garlic
- ½ pound broccolini
- 1 onion
- 8 ounces cremini mushrooms
- 1 lemon
- 2 limes

### REFRIGERATED GOODS

- 2 (14 oz.) packages extra-firm tofu

### CANNED & JARRED GOODS

- maple syrup (1 tsp.)
- tomato paste (3 tbsp.)
- soy sauce (about 1 cup)
- creamy peanut butter (1/3 cup)
- yellow miso paste (2 tsp.)
- sesame oil (about 1/3 cup)
- rice vinegar (about 2/3 cup)
- tahini (1/4 cup)
- sriracha sauce (2 tsp.)

### GRAINS, LEGUMES, PASTA & BULK

- nutritional yeast (1/4 cup)
- raw almonds (1/4 cup)
- shelled walnuts (1 cup)
- raw cashews (1 cup)
- 3 dried chile peppers
- 1 cup uncooked rice (your favorite variety)
- dried rotini pasta (8 oz.)

### EVERYTHING ELSE

- 1 baguette