

## vegan meal plan shopping list

**mojo marinated portabella  
steaks**

**panzanella salad with  
roasted garlic**

**chipotle tempeh tacos with  
peach salsa**

**vegan caprese sandwiches with garlic  
cashew cheese**

**ratatouille polenta stacks**

### THINGS YOU PROBABLY HAVE ON HAND

- maple syrup (1/4 cup)
- sugar (pinch)
- unflavored soy or almond milk (2 tbsp.)
- vegetable oil (about 3 tbsp.)
- olive oil (about 2/3 cup)
- balsamic vinegar (about 2/3 cup)
- ground cumin (2 tsp.)
- dried oregano (1 tsp.)
- chipotle chile powder (2 tsp.)
- red pepper flakes
- salt
- pepper

### FRESH PRODUCE

- 4 garlic bulbs
- 2 oranges
- 5 limes
- 1 lemon
- 4 large portabella caps
- 1 red onion
- 2 peaches
- 1 red bell pepper
- 1 orange bell pepper
- 1 small eggplant
- ½ cup clover or alfalfa sprouts
- 1 onion
- 1 zucchini
- 1 yellow squash
- mixed greens (2 cups)
- shredded lettuce (2 cups)
- 1 bunch fresh thyme
- 1 bunch fresh basil
- 1 bunch fresh cilantro

### REFRIGERATED GOODS

- 2 (8 oz.) packages tempeh

### CANNED & JARRED GOODS

- 1 (14 oz.) can fire-roasted tomatoes
- 7 medium tomatoes
- soy sauce (1 tbsp.)

### GRAINS, LEGUMES, PASTA & BULK

- 1 (16 oz.) tube polenta
- raw cashews (1 cup)

### EVERYTHING ELSE

- 2 baguettes
- 12 corn tortillas