



vegan meal plan shopping list

**cedar plank grilled tofu
with cherry salsa**

**vegan greek salad with tofu
feta**

**thai fried rice with broccoli
and mushrooms**

chickpea walnut burgers

healthy zucchini corn fritters

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about ½ cup)
- granulated sugar (1/2 tsp.)
- paprika (2 tsp.)
- ground cumin (2 tsp.)
- dried oregano (1 1/2 tsp.)
- dried thyme (1 tsp.)
- salt
- pepper

FRESH PRODUCE

- 4 medium zucchini
- 2 garlic bulbs
- 1 red onion
- 3 small yellow onions
- 1 (8 oz.) package baby bella mushrooms
- 1 bunch green onions
- 1 cucumber
- 4 limes
- 4 lemons
- 3 ears corn
- 3 large tomatoes
- 2 bunches romaine lettuce
- 1 bunch green leaf lettuce
- 1 jalapeño pepper
- 1 bunch fresh cilantro
- 2 broccoli crowns
- 2 cups fresh cherries

REFRIGERATED GOODS

- 2 (14 oz.) packages extra firm tofu

CANNED & JARRED GOODS

- maple syrup (2 tbsp.)
- 1 small jar of salsa
- 1 (14 oz.) can chickpeas
- horseradish mustard (1/4 cup)
- sriracha sauce
- red wine vinegar (about 1/3 cup)
- pitted Kalamata olives (1/2 cup)
- ground flaxseed (1 tbsp.)
- soy sauce (about 1/3 cup)
- vegan worcestershire sauce (2 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- dried jasmine rice (2 cups)
- chickpea flour (1 ¼ cups)
- roasted peanuts (3/4 cup)
- chopped walnuts (1 cup)
- panko breadcrumbs (1 cup)

EVERYTHING ELSE

- 1 large cedar plank (12 x 6 inches)
- 4 burger buns

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