

## vegan meal plan shopping list

**thai red curry with peppers  
and cashews**

**barbecue tofu bowls**

**cauliflower risotto**

**summer socca with lemon basil yogurt  
dressing**

**cauliflower scampi with garlic white wine  
sauce**

### THINGS YOU PROBABLY HAVE ON HAND

- brown sugar (1 tbsp.)
- olive oil (about 1 ¼ cups)
- garlic powder (1 tsp.)
- red pepper flakes
- salt
- pepper

### FRESH PRODUCE

- 1 medium onion
- 1 piece fresh ginger
- 2 large carrots
- 2 medium red bell peppers
- 1 lime
- 1 bunch fresh basil
- 3 cauliflower crowns
- 2 lemons
- 2 avocados
- 3 pints cherry tomatoes
- 1 red onion
- 2 small zucchini
- 4 ears corn
- 1 garlic bulb
- 5 shallots
- 4 cups shiitake mushrooms
- mixed greens (24 oz.)

### REFRIGERATED GOODS

- 1 (14 oz.) package firm tofu
- plain non-dairy yogurt (12 oz.)
- vegan butter (10 tbsp.)

### CANNED & JARRED GOODS

- 1 (15 oz.) can chickpeas
- low sodium soy sauce (2 tsp.)
- barbecue sauce (1 cup)
- thai red curry paste (3 tbsp.)
- low sodium vegetable broth (1 ½ cups)
- 2 (14 oz.) cans full-fat coconut milk

### GRAINS, LEGUMES, PASTA & BULK

- nutritional yeast (2 tbsp.)
- brown rice (2 cups)
- pepitas (2 tbsp.)
- dried polenta (2 ½ cups)
- chickpea flour (2 cups)
- dried linguine (8 oz.)
- raw cashews (¾ cup)

### EVERYTHING ELSE

- dry white wine (1 ½ cups)