

vegan meal plan shopping list

**coconut curry soup with
sweet potato noodles**

turmeric falafel burgers

autumn nourish bowls

**chickpeas in spicy smoked tomato sauce
with penne**

**one-pot curried quiona with butternut
squash and chickpeas**

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about 1/3 cup)
- crushed red pepper flakes
- smoked paprika (about 1 tbsp.)
- ground coriander (1 tsp.)
- curry powder (about 2 ½ tbsp.)
- turmeric (1 tsp.)
- ground cardamom (1/2 tsp.)
- ground cumin (2 tsp.)
- dried oregano (1 tsp.)
- dried thyme (1 tsp.)
- salt
- pepper

FRESH PRODUCE

- 2 sweet potatoes
- 1 small white onion
- 1 piece fresh ginger
- 1 red bell pepper
- 2 limes
- 3 lemons
- 1 bunch cilantro
- 1 small sweet onion
- 7 1/2 cups fresh spinach
- 3 garlic bulbs
- 2 medium red onions
- 1 bunch fresh parsley
- 1 lb. brussels sprouts
- 1 bunch kale
- 1 small bunch lettuce

REFRIGERATED & FROZEN GOODS

- frozen butternut squash (1 lb.)
- frozen mixed peppers (1 lb.)
- frozen green peas (1/2 cup)

CANNED & JARRED GOODS

- 1 (14 oz.) can crushed tomatoes
- maple syrup (3 tsp.)
- tomato paste (1/2 cup)
- 2 (14 oz.) cans coconut milk
- 5 (14 oz.) cans chickpeas
- low sodium soy sauce (2 tsp.)
- white miso paste (2 tsp.)
- rice wine vinegar (2 tbsp.)
- low sodium vegetable broth (3 cups)
- ¼ cup tahini

GRAINS, LEGUMES, PASTA & BULK

- 2 cups uncooked quiona
- chickpea flour (1/2 cup)
- penne pasta (1 lb.)

EVERYTHING ELSE

- 4 whole grain burger buns