

vegetarian meal plan shopping list

**indian-inspired lentil and
eggplant curry**

**sweet potato and millet
falafel**

**slow cooker white bean soup
with tempeh bacon**

**sweet potato pizza with kale and
caramelized onions**

**sage polenta bowls with brussels sprouts
and wild mushrooms**

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (1/2 cup)
- garam masala (3 tbsp.)
- ground cumin (1 1/2 tsp.)
- ground coriander (1 tsp.)
- cayenne pepper (1/4 tsp.)
- dried thyme (1 1/2 tsp.)
- salt
- pepper

FRESH PRODUCE

- 2 large sweet potatoes
- 3 yellow onions
- 1 small red onion
- 1 small bunch kale
- 1 medium eggplant
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch fresh sage
- 2 carrots
- 2 celery stalks
- 1 lb. brussels sprouts
- 1 garlic bulb
- 1 (4 oz.) package assorted wild mushrooms
- 1 serrano pepper
- 1 piece fresh ginger

REFRIGERATED & FROZEN GOODS

- skim milk (3 tbsp.)
- 1 (8 oz.) package tempeh

CANNED & JARRED GOODS

- 1 (14 oz.) cans crushed tomatoes
- 2 (14 oz.) can diced tomatoes
- tomato paste (2 tbsp.)
- maple syrup (1 tbsp.)
- soy sauce (3 tbsp.)
- cayenne pepper hot sauce
- apple cider vinegar (1 tbsp.)
- vegetable broth (5 cup)
- liquid smoke (1 tsp.)

GRAINS, LEGUMES, PASTA & BULK

- dried brown lentils (1/2 cup)
- dried basmati rice (1 cup)
- dried millet (1/2 cup)
- instant polenta grits (1 cup)
- dried chickpeas (1 cup)
- chickpea flour (2 tbsp.)
- dried great northern beans (1 lb.)

EVERYTHING ELSE

- 1 prepared whole wheat pizza crust