

vegan meal plan shopping list

red lentil dahl

chard, lentil & potato slow
cooker soup

vegan cincinnati chili

vegan sheet pan fajita bowls with spicy
chickpeas & cauliflower

roasted vegetable & pesto white bean
hummus pizza

THINGS YOU PROBABLY HAVE ON HAND

- olive oil (about ½ cup)
- salt
- pepper

DRIED SPICES

- cumin seeds (1/2 tsp.)
- coriander seeds (1/2 tsp.)
- mustard seeds (1/2 tsp.)
- ground turmeric (2 tsp.)
- garam masala (1 tsp.)
- chili powder (about 1 ½
tbsp.)
- ground cumin (2 tsp.)
- garlic powder (1/4 tsp.)
- onion powder (1/4 tsp.)
- allspice (1/4 tsp.)
- cloves (1/4 tsp.)
- ground cinnamon (1 tsp.)
- 1 bay leaf

FRESH PRODUCE

- 4 yellow onions
- 1 red onion
- 1 garlic bulb
- 1 piece fresh ginger
- 1 lemon
- fresh spinach (2 cups)
- 2 zucchini
- 1 cauliflower crown
- 1 bunch cilantro
- 1 celery stalk
- 1 carrot
- 1 bunch swiss chard
- 4 yukon gold potatoes
- 1 red chile pepper
- 2 cups white button
mushrooms
- 1 broccoli crown
- 2 limes
- 1 lemon
- 2 bell peppers (any color)

REFRIGERATED & FROZEN GOODS

- prepared pizza dough (1 lb.)

CANNED & JARRED GOODS

- 1 (14 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce
- prepared pesto (1/4 cup)
- vegetable broth (11 cups)
- 1 (14 oz.) can cannellini
beans
- 1 (14 oz.) can coconut milk
- Jarred salsa (1/2 cup)
- 1 small can chipotle peppers
in adobo sauce
- soy sauce (1 tbsp.)
- apple cider vinegar (1 tbsp.)

GRAINS, LEGUMES, PASTA & BULK

- cocoa powder (1 tbsp.)
- dried brown lentils (2 cups)
- dried red lentils (1 cup)
- basmati rice (1 cup)
- short grain brown rice (1 cup)
- whole wheat spaghetti (8 oz.)
- raw cashews (1/2 cup)