

MEAL PLAN 2

Meal prep instructions and tips

MONDAY

VEGAN BEEF STEW

If soy chunks aren't available or you don't want to use them, make this recipe with portobello or cremini mushrooms as the meat substitute. You can also use seitan or soy curls.



TUESDAY

EASY COCONUT CURRY

This is one of the easiest weeknight recipes you can make. Boil the potatoes up to five days ahead and store in fridge. Serve this curry with rice for a yummy, satisfying meal.



WEDNESDAY

CHICKPEA QUINOA BURGER

Use canned chickpeas and frozen spinach in this recipe to make it extra quick! If you like cooking beans yourself you can cook the chickpeas, and quinoa, up to four days ahead and store in fridge until ready to use.





THURSDAY

VEGAN MUSHROOM STROGANOFF

Cook the pasta up to four days ahead and store in fridge. You can use gluten-free or wholegrain pasta. Toss pasta with a bit of oil to ensure it doesn't stick. Use pumpkin seeds instead of cashews if nut-free, or use any other plant milk.



FRIDAY

VEGAN MEATBALL FRICASSEE

Use store-bought vegan meatballs to make this recipe in a jiffy. Chop veggies like carrots, leeks and celery up to four days ahead of cooking and store in fridge.



WEEKEND

VEGAN RED BEANS AND RICE

Use canned kidney beans for quicker prep. Make the rice up to three days ahead of serving and store in refrigerator. Chop veggies and store in fridge up to three days ahead of making the recipe..

HolyCowVegan Meal Plan 2 Shopping List

Vegetables

- Spinach or frozen spinach (6 oz)
- Green bell pepper (1)
- Cremini mushrooms (16 oz)
- Dried mushrooms, any or a mix (3 oz)
- Carrots (4 medium)
- Leeks (2)
- Small potatoes (16 oz)
- Yellow potatoes (2 medium)
- Celery (8 stalks)
- Tomatoes (3 medium)
- Yellow onions (3)
- Scallions/spring onions (4)

Beans and Grains

- Basmati rice (2 cups)
- Small red beans or kidney beans (16 oz dried beans or four 15-oz cans)
- Chickpeas (20 oz cooked or canned)
- Chickpea flour (3 tbsp)
- Quinoa (3/4 cup cooked from approx 1/4 cup dried quinoa)
- All-purpose flour or gluten-free apf flour (1/2 cup)
- TVP chunks (2 cups)

Herbs

- Bay leaves (2)
- Cilantro (2 tbsp)
- Fresh savory herbs, like rosemary, sage, thyme or oregano (4 tbsp)
- Garlic (24 cloves)
- Parsley (2 tbsp)
- Dried sage (1 tsp)
- Fresh thyme (3 tbsp)

Oils

- Extra virgin olive oil (1 tsp)

- Oil of choice (6 tbsp)
- Vegan butter (3 tbsp)

Spices

- Allspice berries (1 tsp)
- Black peppercorns (1 tsp)
- Cajun seasoning (2 tsp)
- Cayenne (1 tsp)
- Chili seasoning/chili powder (2 tsp)
- Cumin seeds (2 tsp)
- Ground cumin (2 tsp)
- Fennel seeds (2 tsp)
- Onion powder (1 tsp)
- Paprika (1 tsp)
- Smoked paprika (1/2 tsp)
- Pickled banana peppers, optional (1 tbsp)
- Red pepper flakes (1/2 tsp)
- Turmeric (1/2 tsp)

Other ingredients

- Coconut milk (14 oz)
- White wine (1/2 cup)
- Red wine (1/2 cup)
- Red wine vinegar (1 1/2 tbsp)
- Raw cashews (1/2 cup)
- Soy sauce/tamari (8 tbsp)
- Tomato paste (2 tbsp)
- Vegan meatballs (24 pieces)
- Vegan sausage (13 to 14 oz)
- Vegan Worcestershire sauce (1/2 tsp)
- Vegetable stock (11 cups)