

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)