

MEAL PLAN 3

Meal prep tips

MONDAY

EASY VEGETABLE CURRY

Use pre-cut veggies or even frozen veggies and canned chickpeas to save even more time!. Serve the curry over rice for a nourishing meal.

TUESDAY

VEGAN DIRTY RICE

Use cooked, frozen rice (thawed) and frozen bell pepper strips for faster meal prep.

WEDNESDAY

VEGAN ONE-POT SPAGHETTI WITH KALE

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

TOFU CASSEROLE WITH INDIAN SPICES

Keep ginger garlic paste handy: my recipe, linked here, makes enough to last for weeks and stores nicely in the fridge. The casserole recipe already saves time by using canned potatoes and baked tofu, which you can buy at a store or make yourself beforehand.



FRIDAY

LENTIL SOUP

Use two cans of canned lentils for quicker prep. Be sure to drain all liquid from the cans and rinse the lentils. Serve the soup with crusty French bread or sourdough bread.



WEEKEND

VEGAN CASSOULET

Dried beans, cooked from scratch, will give you the best flavor and nutrition. But if pressed for time use two cans of white beans. Drain and rinse the beans before using.

HolyCowVegan Meal Plan 3 Shopping List

Vegetables

- Carrots (4)
- Green beans (2 cups/13 oz)
- Green bell pepper (4)
- Kale (18 leaves)
- Fresh mushrooms (16 oz)
- Celery (7 stalks)
- Scallions (3)
- Yellow potatoes or red potatoes (1 lb)
- Sweet Potatoes (2 medium)
- Tomato puree (28 oz)
- Tomato paste (3 heaping tbsp)
- Tomatoes (2)
- Onions (2)

Beans and Grains

- Baked tofu (16 oz)
- Tempeh (8 oz)
- Basmati rice (1 1/2 cups)
- Dried brown lentils (1 cup)
- Canned chickpeas (14 oz)
- Dried white beans (1 cup)
- Spaghetti (12 oz)

Herbs

- Bay leaves (2)
- Cilantro (2 tbsp)
- Fresh sage (3 tbsp) or dried sage (3 tsp)
- Fresh thyme (1 tbsp) or dried thyme (1 tsp)
- Fresh cilantro (6 tbsp)
- Dried mint (1 1/2 tsp)
- Garlic (15 cloves)
- Ginger garlic paste (1 heaping tbsp)
- Jalapeno pepper (1)
- Lemon juice (2 tbsp)
- Parsley (4 tbsp)

Oils

- Extra virgin olive oil (2 tsp)
- Oil of choice (1 tbsp)
- Coconut oil (2 tsp)

Spices

- Cayenne (1/2 tsp)
- Curry powder (2 heaping tsp)
- Garam masala (2 tsp)
- Ground coriander (1 tbsp)
- Ground cumin (2 tsp)
- Paprika (2 tsp)
- Smoked paprika (1/2 tsp)
- Red pepper flakes (1 tsp)
- Turmeric (1 1/2 tsp)
- Cajun seasoning (1 tbsp)
- Green cardamom pods (4)

Other ingredients

- Apple cider vinegar (1 tbsp)
- Coconut milk (2 14-oz cans)
- Liquid aminos/soy sauce/tamari (1 tbsp)
- Red wine (1/2 cup)
- Vegan mozzarella cheese shreds (4 oz)
- Vegan sausage (14 oz)
- Vegetable stock (8 1/2 cups)