

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)