

# Meal Plan 5 Shopping List

## Vegetables

- Cabbage (3 cups or approx 1/4 large head)
- Carrots (3)
- Celery (2 stalks)
- Frozen corn kernels (1 cup)
- Cremini mushrooms (20 oz)
- Dried mushrooms (1 cup)
- Green bell peppers (1)
- Lemon (3)
- Onions (4)
- Plum tomatoes (5)
- Yellow or red potatoes (4)
- Scallions (9)
- Zucchini (2)

## Beans and Grains

- Angel hair pasta (16 oz)
- Baked tofu (14 to 16 oz)
- Basmati rice (2 cups)
- Chickpeas (1 cup dried or 32 ounces canned)
- White beans (2 cups dried or 48 ounces canned)
- Ditalini pasta (8 oz)
- Peanuts (4 tablespoons)
- Urad dal/black gram dal (1 tbsp)

## Herbs

- Bay leaves (1 dry)
- Cilantro (8 tbsp)
- Curry leaves (2 sprigs)
- Dried oregano (3 tsp)
- Dried rosemary (2 tsp)
- Fresh thyme (2 tbsp)
- Garlic (17 cloves)
- Ginger (3 inch-long pieces)
- Parsley (2 tbsp)

## Oils

- Extra virgin olive oil (1/4 cup)
- Sesame oil (2 tbsp)
- Vegetable oil of choice (1 tsp)

## Spices

- Adobo seasoning (2 tsp)
- Chipotle chili in adobo sauce (1)
- Dried red chili peppers (2)
- Fenugreek seeds (2 tsp)
- Ground black pepper
- Ground coriander (1 tbsp)
- Ground cumin (4 tsp)
- Jalapeno peppers (3)
- Red pepper flakes (1 1/2 tsp)
- Sesame seeds (2 tbsp)
- Turmeric (1 tsp)

## Other ingredients

- Apricot preserves (2 tbsp)
- Canned plum tomatoes (28 oz)
- Raw cashews or cashew pieces (6 tbsp)
- Dried apricots (3/4 cup)
- Harissa paste (4 tbsp)
- Mushroom stock (6 cups) \*
- Piloncillo (1/2 cup)
- Rice vinegar (1/4 cup)
- Tamarind paste (2 tbsp)
- Vegan parmesan cheese (1/4 cup)
- Vegetable stock (4 cups) \*

\* *Vegetable stock and mushroom stock can be used interchangeably so you don't have to make or buy both.*