



MEAL PLAN 5

Meal prep tips

MONDAY

VEGAN PASTA FAGIOLI



Use gluten-free pasta to make this recipe gluten-free. Prep the onion-celery-carrot base veggies up to three days in advance and refrigerate.

TUESDAY

CHINESE LONGEVITY NOODLES



Recipe can be made with gluten-free spaghetti. This is one of the quickest recipes with a total time of 30 minutes from scratch to finish, but you can speed it up further by prepping the veggies up to three days ahead.

WEDNESDAY

MOROCCAN CHICKPEA STEW



Make the easy homemade harissa paste and keep a jar handy in the fridge or freezer for explosive flavor in Moroccan recipes. Use canned chickpeas to speed up cooking. Use homemade vegetable stock to add even more flavor.



THURSDAY

WHITE BEAN CHILI



Use canned white beans instead of dried to speed up cooking, or cook the beans in the Instant Pot up to three days ahead and refrigerate until it's time to use. You can make the recipe nut-free by subbing cashews with pumpkin seeds.

FRIDAY

SOUTH INDIAN LEMON RICE



This is a fantastic recipe to make with day-old rice or leftover rice. Alternatively cook the rice up to three days ahead and refrigerate to further speed up this quick recipe on day of serving.



WEEKEND

MEXICAN STYLE TOFU



This recipe has so many delicious flavors and it takes just one hour from start to finish, which makes it the perfect recipe for a lazy weekend. Prep the sauce up ahead and refrigerate for three days or freeze for up to three months. Add baked tofu and warm through before serving.



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.*