

MEAL PLAN 4

Meal prep tips

MONDAY

VEGAN MUSHROOM STROGANOFF

The stroganoff goes from start to finish in 30 minutes. Use pumpkin seeds or any non-dairy milk instead of cashew cream if nut-free.

TUESDAY

VEGAN ENCHILADAS WITH SMOKY LENTILS

Use canned lentils instead of dried to shorten cooking time for the lentil stuffing. Make stuffing and sauce ahead of time, up to three days. Assemble enchilada casserole on day you plan to serve, or assemble and refrigerate or freeze, then bake on day you plan to serve.

WEDNESDAY

GRILLED TOFU STEAKS IN CREAMY CAJUN SAUCE

Marinate the tofu steaks up to 24 hours ahead before grilling. Sauce comes together quickly in a blender.





THURSDAY

VEGAN CHICKEN MASALA

Marinate and cook the seitan up to three days ahead. Assemble the rest of the curry quickly the day you plan to serve it.



FRIDAY

LEMON GARLIC RICE

Use storebought baked tofu or bake tofu up to three days ahead and refrigerate.



WEEKEND

VEGETABLE BIRYANI

This biryani takes just one hour from start to finish, much of it hands-off time. You can further cut down on the time by chopping the veggies in advance, up to a day ahead, or use pre-cut veggies.

HolyCowVegan Meal Plan 4 Shopping List

Vegetables

- Butternut squash (1/2)
- Carrots (3)
- Celery (2 stalks)
- Cremini mushrooms (8 oz)
- Button mushrooms (8 oz)
- Dried wild mushrooms (3 oz)
- Green bell peppers (2)
- Leeks (1 large)
- Lemons (2 large)
- Onions (2)
- Potatoes (2 medium)
- Tomatoes (2)

Beans and Grains

- All-purpose flour (2 tbsp)
- Baked tofu (16 oz)
- Super firm tofu or extra firm tofu (16 oz)
- Basmati rice (3 cups)
- Dried brown lentils (1 cup)
- Seitan (14 oz)

Herbs

- Bay leaves (2 dry)
- Cilantro (6 tbsp)
- Dried dill (2 tsp)
- Dried mint (2 tsp)
- Dried oregano (3 tsp)
- Garlic (8 cloves)
- Ginger garlic paste (2 tbsp)
- Garlic powder (1 1/2 tsp)
- Fresh thyme (1 tbsp)

Oils

- Vegan butter (1 tbsp)
- Oil of choice (4 tbsp)

Spices

- Biryani masala (4 tbsp)
- Black cardamom pods (1)
- Caraway seeds (2 tsp)
- Cayenne (1 tsp)
- Chipotle chili in adobo sauce (1)
- Cinnamon stick (1-inch)
- Cloves (10)
- Ground coriander (3 tbsp)
- Ground cumin (4 tsp)
- Cumin seeds (1 tsp)
- Garam masala (2 tsp)
- Green cardamom pods (10)
- Paprika (3 1/2 tsp)
- Smoked paprika (1 1/2 tsp)
- Saffron (1/4 tsp)
- Turmeric (1 tsp)

Other ingredients

- Balsamic vinegar (1 tsp)
- Corn tortillas (16 six-inch tortillas)
- Dry white wine (1/2 cup)
- Fried onions (1 cup)
- Guacamole
- Non-dairy milk (1/4 cup)
- Pickled banana peppers (1 tbsp)
- Raw cashews (1 3/4 cups)
- Tamari (4 tbsp)
- Tomato paste (6 oz)
- Tomato salsa
- Vegan mozzarella shreds (8 oz)
- Vegan Worcestershire sauce (1 tsp)
- Vegan yogurt (1 cup)
- Vegetable stock (2 cups)