

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)