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MEAL PLAN 10

Meal prep tips

MONDAY

BUTTERNUT SQUASH RISOTTO



Use pumpkin seeds instead of cashews for the creamy "cheese". You can make the cheese up to three days in advance and store in fridge to make this recipe even faster.

TUESDAY

VEGAN ETOUFFÉE



Use chickpea tofu or any non-soy tofu and use soy-free soy sauce or coconut aminos if soy-free. Recipe can easily be made gluten-free by using gf flour for the roux, and tamari.

WEDNESDAY

VEGAN FRENCH CASSOULET



Skip tempeh and use more beans if soy-free. You can prep veggies up to four days in advance and store in fridge.



THURSDAY

SPICY BLACK BEAN BURGERS



Use canned black beans. Cook rice up to four days in advance or use store-bought cooked rice.

FRIDAY

THAI CURRIED CHICKPEAS



Use storebought vegan red curry paste or prep the paste in advance and store in freezer or fridge.



WEEKEND

MUSHROOM CURRY



This is not a long recipe, but you can cut down on the 50-minute time further by skipping the individual spices and using [garam masala](#) instead. Roast the onions, garlic, coconut,, etc., turn off heat, then add the garam masala and toast lightly before blending.



Meal Plan 10 Shopping List

Vegetables

- Bell peppers (any color, 2)
- Butternut squash (1)
- Carrots (4)
- Celery (4 stalks)
- Cremini mushrooms (24 oz)
- Onions (3)
- Yellow or red potatoes (2)
- Scallions (3)
- Tomato Paste (2 tbsp)
- Tomatoes (4)
- Lemons (2)
- Dried shiitake mushrooms (2 cups)

Beans and Grains

- All purpose flour (gluten-free or regular, 3/4 cup)
- Arborio rice (1 cup uncooked)
- Black beans (30 oz, canned or cooked)
- Chickpeas (30 oz or approx 3 cups, canned or cooked)
- Cooked brown rice (1/2 cup)
- Dried white beans (1 cup dried or 3 cups cooked or canned)
- Rolled or instant oats (1 cup)
- Tempeh (8 oz)
- Extra firm tofu (8 oz)

Herbs

- Fresh basil leaves (10)
- Dried bay leaves (2)
- Cilantro (1 small bunch)
- Fresh parsley (2 tbsp)
- Garlic (19 cloves)
- Garlic powder (1 tsp)
- Ginger (1-inch piece)
- Fresh sage (2 tbsp or 2 tsp dried)
- Fresh thyme (2 tbsp or 2 tsp dried)

Oils

- Extra virgin olive oil (2 tbsp)
- Oil of choice (6 tbsp)

Spices

- Black peppercorns (1 tsp)
- Cayenne (1/2 tsp)
- Chipotle chili in adobo sauce (1)
- Cinnamon stick (1-inch piece)
- Coriander seeds (2 tbsp)
- Cumin seeds (1 tsp)
- Dagad phool (stoneflower, 1, optional)
- Dry red chili peppers (1)
- Fennel seeds (1 tsp)
- Green cardamom pods (5)
- Ground cumin (2 tsp)
- Mace (1/2 flower)
- Paprika (2 tsp)
- Poppy seeds (1 tbsp)
- Sesame seeds (1 tbsp)
- Turmeric (1/2 tsp)

Other ingredients

- Cajun seasoning (2 tsp)
- Coconut milk (1/4 cup)
- Dry white wine (1/2 cup)
- Hot sauce (1 tsp)
- Ketchup (1/4 cup)
- Nutritional yeast (1 tbsp)
- Raw cashews (1/4 cup)
- Soy sauce/tamari (4 tbsp)
- Vegan Thai red curry paste (2 heaping tbsp)
- Vegan Worcestershire sauce (1 tsp)
- Vegetable stock (7 cups)
- Walnuts (1/2 cup)