

Meal Plan 6 Shopping List

Vegetables

- Bell peppers (any color, 4)
- Carrots (1)
- Italian eggplants (medium-sized, 2)
- Frozen green peas (1 cup)
- Cremini mushrooms or button mushrooms (16 oz)
- Potatoes (yellow or red, 2)
- Scallions or green onions (4)
- Shallots (2 large)
- Sweet potato (1 large)
- Tomato puree (1 cup, canned or from 3 large tomatoes)
- Fresh tomatoes (6 medium)
- Lemon (1)
- Onions (3)

Beans and Grains

- Chickpeas (1 cup dried or 2 14-oz cans)
- Dried black beans (1 cup, or 2 14-oz cans)
- Extra firm tofu (14 oz)
- Firm tofu (14 oz)
- Dried moong dal (1 cup)
- Rice (1 1/2 cups)
- Spaghetti (16 oz)

Herbs

- Bay leaves (3 dry)
- Cilantro (1 bunch)
- Curry leaves (1 sprig)
- Dried oregano (1 tsp)
- Flat leaf parsley (1 small bunch)
- Garlic (18 cloves)
- Ginger (2-3 inch knobs)
- Ginger-garlic paste (1 tbsp)*
- Kasoori methi (dried fenugreek leaves, 1 tbsp)

Oils

- Coconut oil (1 tsp)
- Extra virgin olive oil (2 tbsp)
- Vegetable oil of choice (1 tbsp)
- Vegan butter (2 tbsp)

Spices

- Black cardamom pods (2)
- Cayenne (3 tsp)
- Chana masala powder (1 tbsp)
- Ground coriander (3 tbsp)
- Cumin seeds (2 tsp)
- Garam masala (1 tsp)
- Ground cumin (3 tsp)
- Paprika (2 tsp)
- Red pepper flakes (1 tsp)
- Turmeric (1 1/2 tsp)

Other ingredients

- Kombu (2 four-inch square pieces, for dashi stock)**
- Raw cashews (2 tbsp)
- Rice wine vinegar (1 tsp)
- Sugar (1 tsp)
- Vegan parmesan cheese (for serving over mushroom pasta)
- Vegetable stock (2 cups)
- White miso (4 tbsp)

* *Buy extra ginger and garlic if you don't have ginger garlic paste and make your own by crushing into a paste a 1-inch piece of ginger and 4 cloves garlic.*

** *Can use mushroom stock instead of dashi.*