

# Meal Plan 8 Shopping List

## Vegetables

- Bell peppers (any color, 1)
- Carrots (1)
- Cauliflower (1 medium head)
- Celery (2 ribs)
- Leeks (4)
- Onions (4)
- Potatoes (7)
- 28 oz can San Marzano tomatoes
- Tomatoes (2)
- Cremini Mushrooms (2 cups)
- Tomato Paste (6 oz)

## Beans and Grains

- All purpose flour (6 tbsp)
- Basmati rice (1 1/2 cups uncooked)
- Brown lentils (2 1/4 cups)
- Penne Pasta (16 oz)
- Quinoa (1 cup cooked)
- Tapioca starch (3 tbsp)

## Herbs

- Cilantro (4 tbsp)
- Dried Mexican oregano or marjoram (1 tsp)
- Dried Oregano (3 1/2 tsp)
- Dried Thyme (2 tsp)
- Fresh Parsley (2 tbsp)
- Garlic (22 cloves)
- Garlic Powder (2 tsp)
- Dried Sage (2 tsp)
- Onion Powder (1 tsp)

## Oils

- Extra virgin olive oil (6 tbsp)
- Vegetable oil of choice (3 tbsp)

## Spices

- Chipotle Chili with Adobo Sauce (2)
- Ground Cinnamon (1 tsp)
- Ground Cumin (5 tsp)
- Ground Coriander (1 tbsp)
- Paprika (1 tsp)
- Red Pepper Flakes (1 1/2 tsp)
- Smoked Paprika (1 tsp)

## Other ingredients

- Corn tortillas (28 six-inch tortillas)
- Guacamole
- Tamari or Soy Sauce (5 tbsp)
- Tomato Salsa
- Vegan Mayo (1/2 cup)
- Vegan Mozzarella Shreds (8 oz)
- Vegan Parmesan Cheese (1/2 cup)
- Vegan Sausage (14 oz)
- Vegetable stock (5 cups)
- Raw Cashews (5 tbsp)
- Vodka (1/4 cup)

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