

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)