



HOLYCOWVEGAN.NET

MEAL PLAN 7

Meal prep tips

MONDAY

[VEGAN FASOLADA](#)



Use canned beans to make this hearty and filling soup recipe in just over 30 minutes!



TUESDAY

[PASTA ALLA NORMA](#)



Prep the eggplant cubes on Sunday and store them in the fridge until ready to cook dinner on Tuesday. This reduces cooking time to under 30 minutes.



WEDNESDAY

[SHEET PAN TOFU WITH CHICKPEAS](#)



Prep time for this dish is just 10 minutes, the rest of the work is done by the oven, which makes it the perfect weeknight recipe!



THURSDAY

CHICKPEA RICE



Use canned chickpeas and pre-cooked rice, storebought or homemade, to make this recipe in minutes!



FRIDAY

KEEMA BIRYANI



Remember to soak the rice 30 minutes before you begin cooking. The recipe comes together quickly after that.



WEEKEND

VEGAN PAELLA



Cook the tofu over the weekend and store in the fridge until ready to make the paella. You can also prep the veggies and store them in the refrigerator up to four days earlier.

Meal Plan 7 Shopping List

Vegetables

- Bell peppers (any color, 3)
- Green bell pepper (1)
- Carrots (2)
- Celery (3 ribs)
- Cherry tomatoes (10 oz)
- Cremini mushrooms (8 oz)
- Italian eggplants (2)
- Leek (1)
- Onions (3)
- Scallions (3)
- Tomatoes (4 medium)
- Tomato puree (1 cup)
- Tomato paste (2 heaping tbsp)
- Yellow squash (1)
- Lemon (1)

Beans and Grains

- Arborio rice (1 cup uncooked)
- Basmati rice (2 cups uncooked)
- Brown basmati rice (1 cup uncooked rice or 3 cups cooked)
- Chickpeas (56 oz cooked/canned)
- Lima beans (2 cups dried or 6 cups cooked/canned)
- Extra firm tofu or high-protein/superfirm tofu (28 oz or 2 packages)
- Peanuts (1/4 cup)
- Penne rigate pasta (16 oz)

Herbs

- Bay leaves (2 dry)
- Cilantro (6 tbsp)
- Dried oregano (3 tsp)
- Fresh basil (2 large sprigs)
- Fresh mint leaves (1/4 cup)
- Garlic (16 cloves)
- Garlic powder (1 tsp)

- Ginger-garlic paste (3 tbsp)
- Jalapeno pepper (1 small)
- Kasoori methi (dried fenugreek leaves, 1 tbs)
- Parsley (1 bunch)

Oils

- Extra virgin olive oil (14 tbsp)
- Vegetable oil of choice (3 tbsp)

Spices

- Biryani masala (3 tbsp)
- Cloves (8)
- Cumin seeds (1 tsp)
- Garam masala (3 tbsp)
- Green cardamom pods (7)
- Brown cardamom pods (2)
- Old Bay seasoning (1 tsp)
- Paprika (1/2 tsp)
- Red pepper flakes (2 tsp)
- Saffron (2-3 generous pinches)
- Shah jeera (black cumin) (1 tsp)
- Smoked paprika (1/2 tsp)
- Turmeric (3/4 tsp)

Other ingredients

- Vegan crumbled meat like Beyond Beef or Impossible Beef (16 oz)
- Fried onions, like French's (1 cup)
- Maple syrup (2 tbsp)
- * Non-dairy milk (1/4 cup)
- Soy sauce (1 tbsp)
- Sriracha sauce (1 tbsp)
- Vegan yogurt (1 cup)
- Vegetable stock (4 1/2 cups)
- White wine (1/4 cup)