

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)