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MEAL PLAN 8

Meal prep tips

MONDAY

CAULIFLOWER RICE PILAF



Buy riced cauliflower to speed up prep time considerably. You can make the recipe nut-free by using nut-free vegan parmesan or use pumpkin seeds to make a homemade vegan parm.



TUESDAY

PICADILLO TACOS



Skip the optional soy-sauce to make the recipe soy-free, and use gluten-free tortillas and tamari for a gluten-free meal. Filling can be made up to three days in advance and refrigerated.



WEDNESDAY

PASTA ALLA VODKA



This family-friendly recipe is ready in under 30 minutes! Use pumpkin seeds instead of cashews to make this pasta nut-free and gf pasta to make it gluten-free. The vodka cooks out!



THURSDAY

LENTIL AND QUINOA STEAKS



Boil and peel potatoes and cook quinoa in advance to make this recipe faster. Mushroom gravy can be made up to four days in advance and refrigerated.



FRIDAY

RICE PILAF WITH CARAMELIZED LEEKS



A yummy 4-ingredient recipe that comes together so quickly and easily! Drizzle some leftover mushroom gravy from the previous night for even more yum.

WEEKEND

ENCHILADAS WITH SMOKY LENTILS



If cooking for someone with a gluten allergy, use gluten-free flour in the enchilada sauce and make sure that the vegan cheese and meat substitute used are gluten-free. Filling and sauce can both be made up to four days in advance and refrigerated. You can also assemble the enchilada casserole and freeze for up to 3 months, then bake before serving.



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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