



HOLYCOWVEGAN.NET

MEAL PLAN 9

Meal prep tips

MONDAY

ONE-POT CHEESY PASTA



Use pumpkin seeds instead of cashews to make this pasta nut-free. You can use gluten-free pasta in the recipe.



TUESDAY

VEGAN ASPARAGUS RISOTTO



Prep the vegan parmesan and chop the veggies and asparagus up to four days ahead. To make the recipe nut-free, replace cashews with pumpkin seeds.



WEDNESDAY

VEGAN "CHICKEN" MASALA



Begin making the sauce as the meat substitute bakes to get this dish ready in under 25 minutes. You can use a gluten-free meat substitute instead of seitan.



THURSDAY

HERBED TEMPEH STEW



Prep the tempeh and veggies up to four days ahead and store in fridge.

FRIDAY

JAMAICAN CURRY WITH TOFU AND POTATOES



Prep tofu cubes on weekend and store in fridge, if pressed for time on weekdays. Curry comes together quickly after that. To make the recipe soy-free use chickpea tofu or any soy-free tofu.



WEEKEND

CHEESY VEGAN BLACK BEAN CASSEROLE



The recipe comes together very quickly and most of the 45-minute cooking time is in the oven, so it's hands-off time for you, leaving you free to enjoy the weekend.



Meal Plan 8 Shopping List

Vegetables

- Asparagus (1 pound)
- Bell peppers (any color, 1 large)
- Carrots (3)
- Cremini mushrooms (8)
- Celery (5 ribs)
- Onions (7)
- Yellow or red potatoes (6)
- 28 oz can San Marzano tomatoes
- Tomatoes (2)
- Scallions (3)
- Sweet potatoes (2)
- Tomato Paste (8 tbsp)
- Tomatoes (2)
- Lemons (1)

Beans and Grains

- All purpose flour (gluten-free or regular, 2 tbsp)
- Arborio rice (1 1/2 cups uncooked)
- Black beans (30 oz canned or cooked)
- Extra firm tofu (16 oz)
- Gemelli pasta or penne rigate or rigatoni (16 oz)
- Seitan (14 oz)
- Tempeh (8 oz)
- Vegan Italian sausage (14 oz)

Herbs

- Dried basil (1 tsp)
- Dried bay leaf (1)
- Cilantro (4 tbsp)
- Dried rosemary (2 tsp)
- Fresh rosemary (1 tbsp or use 1 tsp dried)
- Dried Thyme (1/2 tsp)
- Garlic (2 bulbs)
- Ginger garlic paste (1 tbsp)

- Dried Mexican oregano (or marjoram, 1 tsp)
- Dried oregano (1 tsp)
- Fresh parsley (4 tbsp)

Oils

- Extra virgin olive oil (4 tbsp)
- Vegetable oil of choice (2 tsp)
- Coconut oil or red palm oil (3 tsp)

Spices

- Cayenne (1/2 tsp)
- Ground coriander (1 tbsp)
- Curry Powder (2 tsp)
- Garam masala (2 tsp)
- Ground cumin (1 tsp)
- Paprika (3 tsp)
- Red pepper flakes (1/2 tsp)
- Scotch bonnet pepper (1/2), or use another spicy pepper like habanero
- Smoked paprika (1/2 tsp)
- Turmeric (1 tsp)

Other ingredients

- Cashews (4 tbsp)
- Cornstarch (1 tsp)
- Dry white wine (1 1/2 cups or 24 oz)
- Liquid aminos or soy sauce (2 tbsp)
- Vegan cheddar cheese shreds (1/2 cup)
- Vegan mozzarella shreds (8 oz)
- Vegan parmesan cheese (1 cup)
- Vegetable stock (9 cups)