

Meal Plan 9 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)