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MEAL PLAN 6

Meal prep tips

MONDAY

MUSHROOM PASTA



This 20-minute pasta is amazing for a weeknight. It is simple, needing just seven ingredients. Use gluten-free pasta if gluten-free.

TUESDAY

CUBAN BLACK BEANS



Cut down on cooking time by using canned black beans. Or pre-cook the black beans and store them in the fridge up to three days in advance. Serve the beans with crusty bread or rice.



WEDNESDAY

MASALA KHICHDI



The khichdi, a one-pot, one-dish meal, can be made in the Instant Pot, in a pressure cooker or on the stovetop. Use pre-cut veggies or frozen veggies, or chop veggies and store in fridge up to three days ahead of making recipe.





THURSDAY

TOFU CURRY



Recipe needs just over 20 minutes to make and it's a weeknight favorite in our home. If soy-free use chickpea tofu or another soy-free tofu. To make recipe nut-free use pumpkin seeds instead of cashews.

FRIDAY

MISO SOUP WITH TURMERIC AND GINGER



You've been treating your health and your body so well this week, treat yourself to a light, refreshing miso soup to wrap things up! If you have mushroom stock, skip making the dashi stock and use that instead for quicker prep.



WEEKEND

CHANA MASALA



With a chana masala recipe that goes from scratch to done in 30 minutes, why would you eat outside? Watch the accompanying [chana masala video](#) to learn how to make this Indian classic effortlessly, and enjoy it all weekend.

Serve with [jeera rice](#) or [naan](#).



Meal Plan 6 Shopping List

Vegetables

- Bell peppers (any color, 4)
- Carrots (1)
- Italian eggplants (medium-sized, 2)
- Frozen green peas (1 cup)
- Cremini mushrooms or button mushrooms (16 oz)
- Potatoes (yellow or red, 2)
- Scallions or green onions (4)
- Shallots (2 large)
- Sweet potato (1 large)
- Tomato puree (1 cup, canned or from 3 large tomatoes)
- Fresh tomatoes (6 medium)
- Lemon (1)
- Onions (3)

Beans and Grains

- Chickpeas (1 cup dried or 2 14-oz cans)
- Dried black beans (1 cup, or 2 14-oz cans)
- Extra firm tofu (14 oz)
- Firm tofu (14 oz)
- Dried moong dal (1 cup)
- Rice (1 1/2 cups)
- Spaghetti (16 oz)

Herbs

- Bay leaves (3 dry)
- Cilantro (1 bunch)
- Curry leaves (1 sprig)
- Dried oregano (1 tsp)
- Flat leaf parsley (1 small bunch)
- Garlic (18 cloves)
- Ginger (2-3 inch knobs)
- Ginger-garlic paste (1 tbsp)*
- Kasoori methi (dried fenugreek leaves, 1 tbsp)

Oils

- Coconut oil (1 tsp)
- Extra virgin olive oil (2 tbsp)
- Vegetable oil of choice (1 tbsp)
- Vegan butter (2 tbsp)

Spices

- Black cardamom pods (2)
- Cayenne (3 tsp)
- Chana masala powder (1 tbsp)
- Ground coriander (3 tbsp)
- Cumin seeds (2 tsp)
- Garam masala (1 tsp)
- Ground cumin (3 tsp)
- Paprika (2 tsp)
- Red pepper flakes (1 tsp)
- Turmeric (1 1/2 tsp)

Other ingredients

- Kombu (2 four-inch square pieces, for dashi stock)**
- Raw cashews (2 tbsp)
- Rice wine vinegar (1 tsp)
- Sugar (1 tsp)
- Vegan parmesan cheese (for serving over mushroom pasta)
- Vegetable stock (2 cups)
- White miso (4 tbsp)

* *Buy extra ginger and garlic if you don't have ginger garlic paste and make your own by crushing into a paste a 1-inch piece of ginger and 4 cloves garlic.*

** *Can use mushroom stock instead of dashi.*