



# MEAL PLAN 11

## Meal prep tips

### MONDAY

#### ZUCCHINI PASTA



This tasty and easy pasta recipe works just as well with whole wheat or gluten-free pasta. You can make the zucchini sauce up to four days ahead.



### TUESDAY

#### VEGAN POTATO TACOS



Use whole-wheat tortillas to make these even healthier than they already are. Use corn tortillas to make the recipe gluten-free. The filling can be made up to four days ahead. Assemble the tacos at the table or before serving.



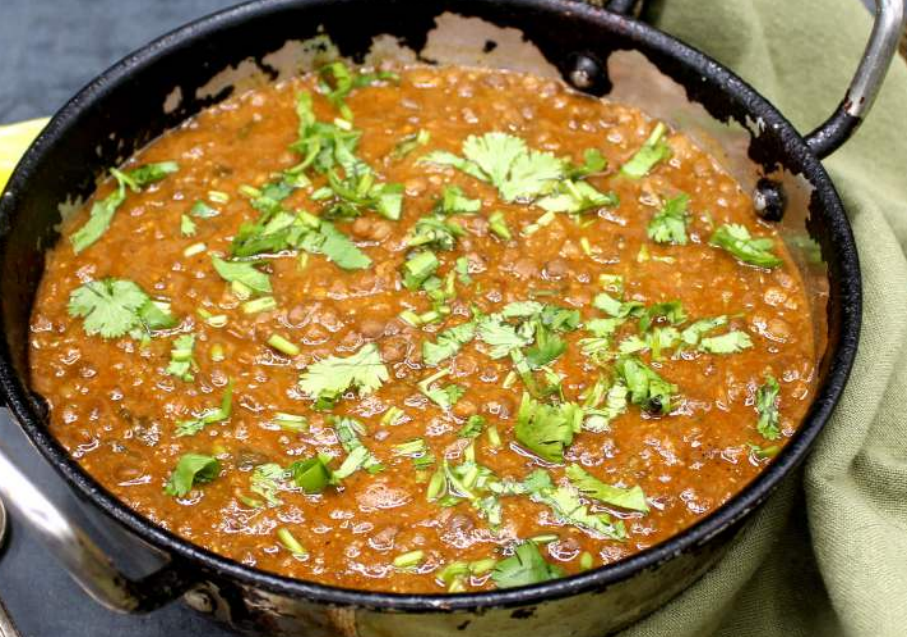
### WEDNESDAY

#### VEGAN MEATBALL CURRY



Use store-bought vegan meatballs for easy and quick prep. Serve with homemade or store-bought vegan naan for a decadent Indian dinner.





## THURSDAY

### WHOLE MASOOR DAL



Using canned lentils can cut down on prep time. Serve with basmati rice or roti



## FRIDAY

### QUINOA BEAN BURGERS



Skip tamari to make the burgers soy-free. The burger patty is nut-free and gluten-free.



## WEEKEND

### IRISH SHEPHERD'S PIE



Make the filling up to four days ahead. Mashed potatoes can also be cooked 3-4 days ahead. Assemble before baking. If soy-free, use another soy-free protein instead of tempeh, like soy-free meat crumbles.

# Meal Plan 11 Shopping List

## Vegetables

- Bell pepper (1)
- Carrots (2)
- Celery (2 stalks)
- Cremini mushrooms (6 oz)
- Cherry tomatoes (8 oz)
- Frozen green peas (1 cup)
- Kale (1 cup)
- Leek (1 large)
- Onions (4)
- Yellow or red potatoes (3 pounds)
- Scallions (3)
- Tomato Paste (4-5 tbsp)
- Tomatoes (5)
- Lemons (2)
- Zucchini (2)

## Beans and Grains

- Brown lentils or whole masoor (54 oz canned lentils or approx 3 cups dried)
- Chickpea flour (1/4 cup)
- Pinto beans (1 cup dried or 3 cups cooked)
- Quinoa (3 cups cooked)
- Any small pasta like penne, farfalle or casarecci (1 lb)
- Smoked tempeh (8 oz)

## Herbs

- Cilantro (6 tbsp or 1 small bunch)
- Curry leaves (2 sprigs)
- Dried rosemary (1/2 tsp)
- Fresh oregano (2 tsp)
- Garlic (27 cloves or approx 3 bulbs)
- Ginger (1-inch knob)
- Ginger garlic paste (2 tbsp)
- Fresh mint (2 tbsp)
- Fresh sage (4 leaves of 3/4 tsp dried)
- Fresh thyme (1 tbsp or 1 tsp dried)

## Oils

- Any neutral oil (4 tbsp)
- Extra virgin olive oil (4 tbsp)
- Coconut oil (2 tsp)
- Vegan butter (1 tbsp)

## Spices

- Asafetida or hing (1/4 tsp)
- Black mustard seeds (2 tsp)
- Cumin seeds (1 tsp)
- Coriander seeds (2 tbsp)
- Dry red chili peppers (1)
- Fennel seeds (1/2 tsp)
- Fenugreek seeds (1/2 tsp)
- Garam masala (3 tbsp)
- Green chili peppers like jalapeno (2)
- Dried guajillo peppers (2)
- Paprika (4 1/2 tsp)
- Poppy seeds (2 tsp)
- Sesame seeds (1 tbsp)
- Turmeric (1 1/2 tsp)

## Other ingredients

- Dijon mustard (2 tbsp)
- Full-fat coconut milk (1 can, approx 14 oz)
- Guacamole
- Irish whiskey (1/4 cup)
- Non-dairy milk (1/4 cup)
- Sugar (1/2 tsp)
- Tamari (4 tbsp)
- Tomato salsa
- Tortillas (8)
- Vegan meatballs (24)