

Meal Plan 12 Shopping List

Vegetables

- Cremini mushrooms (20 oz)
- Baby spinach (5 oz)
- Spinach (2 bunches)
- Dried wild mushrooms (2 oz)
- Leeks (2)
- Onions (5)
- Canned plum tomatoes (28 oz)
- Sweet potatoes (1 large)
- Shallots (1)
- Tomato Paste (5 tbsp)
- Tomatoes (5)
- Lemon (1)

Beans and Grains

- All purpose flour (1/4 cup)
- Basmati rice (1 1/2 cups)
- Brown lentils or whole masoor (1/2 cup)
- Lasagna noodles (1 lb)
- Peanuts (1/2 cup)
- Penne pasta (16 oz)
- Pink lentils (1 cup)

Herbs

- Bay leaves (2)
- Curry leaves (2 sprigs)
- Dill (1/2 cup)
- Dried oregano (2 tsp)
- Fresh parsley (2 tbsp)
- Garlic (4-5 bulbs)

Oils

- Any neutral oil (1 tsp)
- Extra virgin olive oil (1/4 cup)
- Coconut oil (2 tbsp)

Spices

- Cayenne (1/2 tsp)
- Curry powder (2 tbsp)
- Fennel seeds (1 tbsp)
- Green cardamom pods (5)
- Ground allspice (1/2 tsp)
- Ground cardamom (1 tsp)
- Ground cumin (1 tsp)
- Mustard seeds (2 tsp)
- Ground nutmeg (1/2 tsp)
- Paprika (1 tsp)
- Red pepper flakes (2 tsp)
- Turmeric (1 1/2 tsp)

Other ingredients

- Full-fat coconut milk (1 can, approx 14 oz)
- Pistachios (1/4 cup)
- Vegan mozzarella shreds (16 oz)
- Vegan parmesan cheese (1 1/4 cups)
- Vegetable stock (3 cups)
- White wine (1/4 cup)