

# MEAL PLAN 13

## Meal prep tips

### MONDAY

#### CREAMY MOONG DAL



Cook the moong dal over the weekend and store in fridge. The dal then takes literally under 10 minutes to go from scratch to the table.

### TUESDAY

#### VEGAN BEAN BARLEY SOUP

This recipe can easily be adapted to a nut-free, soy-free or gluten-free diet. Cook the beans and barley ahead over the weekend in an Instant Pot or pressure cooker.

### WEDNESDAY

#### SIMPLE BEET CURRY



This simple beet curry needs just a few ingredients and it comes together quickly. If you have good knife skills, you'll likely get it done in way less than the 35-minute cooking time.







## THURSDAY

### LEMON PASTA WITH BASIL



Another quick recipe for weeknights. This lemon pasta requires minimal prep and comes together swiftly. Easy to adapt to gf and nut-free diets.



## FRIDAY

### VEGAN MEATBALLS IN MUSHROOM SAUCE

The mushroom sauce can easily be made nut-free, soy-free and gluten-free with simple substitutions. Use store bought vegan meatballs or meal-prep meatballs in advance.



## WEEKEND

### ASPARAGUS POTATO TART



Make the tofu cream and potato filling up to three days ahead, ideally over the weekend. Or assemble the whole tart beforehand, refrigerate or freeze, and bake before serving.

# Meal Plan 13 Shopping List

## Vegetables

- Asparagus (1 lb)
- Beets (3 medium)
- Carrots (1 large)
- Celery ribs (3)
- Cremini mushrooms (24 oz)
- Leeks (1)
- Onions (2)
- Potatoes (2 lb)
- Shiitake mushrooms (1 cup)
- Tomatoes (3)
- Lemons (4-5)

## Beans and Grains

- Cornstarch (1 tbsp)
- Dried white beans (1/2 cup)
- Extra firm tofu (14 oz)
- Hulled barley (1/2 cup)
- Kidney beans (14 oz, canned or cooked)
- Dried moong lentils (1 1/2 cups)
- Quick cooking oats (1 cup)
- Raw cashews (3/4 cup)
- Spaghetti (1 lb)
- All-purpose flour (4 tbsp)

## Herbs

- Basil leaves (1/2 cup)
- Bay leaves (2)
- Fresh cilantro (4 tbsp)
- Dried oregano (1 tsp)
- Dried rosemary (3 tsp)
- Fresh parsley (2 tbsp)
- Garlic (20 cloves)
- Fresh ginger (1 tbsp)
- Green chili peppers, like jalapeno (2)
- Dried sage (1 tsp)

## Oils

- Any neutral oil (2 1/2 tbsp)
- Extra virgin olive oil (3/4 cup)
- Coconut oil (1 tbsp)

## Spices

- Cayenne (1/2 tsp)
- Curry powder (1 tbsp)
- Mustard seeds (2 tsp)
- Nutmeg (1 1/4 tsp)
- Turmeric (1 tsp)
- Garlic powder (2 1/2 tsp)
- Onion powder (1/2 tsp)

## Other ingredients

- Apple cider vinegar (2 tsp)
- Full-fat coconut milk (1 can, approx 14 oz)
- Filo pastry (8 sheets)
- Liquid aminos (3 tbsp)
- Mushroom stock (2 cups)
- Nondairy milk (1 cup)
- Soy sauce (2 tbsp)
- Vegan ground meat (14 oz)
- Vegan mayo (1/2 cup)
- Vegan parmesan cheese (1/2 cup)
- Vegetable stock (6 cups)