

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)