

MEAL PLAN 12

Meal prep tips

MONDAY

MUSHROOM SPINACH CURRY



This recipe needs no modifications to make it quicker: the only real work you need to do is slice some mushrooms. Everything else happens so quickly, you'll be amazed!

TUESDAY

VEGAN PASTA AMATRICIANA



You need to peel lots of garlic for this recipe but you can make this easier by buying peeled garlic. For the rest all you need to do is chop an onion. Put the pasta water to boil simultaneously as you cook the sauce and you will cut cooking time down to 30 minutes or less!

WEDNESDAY

GARLICKY SPINACH DAL



Pink lentils cook quickly but if you own an Instant Pot or pressure cooker, you can use it to cut down cooking time even further. If cooking the lentils on the stovetop, you will need about 20-30 minutes but you can easily do this on the weekend.





THURSDAY

VEGAN LENTIL SWEET POTATO TAGINE



Use canned lentils to make this recipe faster. Prep the sweet potatoes in advance for easy cooking on the weeknight.



FRIDAY

DILL TURMERIC PILAF



This 20-minute rice dish is as easy as it gets. If nut-free, skip the pistachios or sub them with sunflower seeds or pumpkin seeds.



WEEKEND

VEGAN MUSHROOM LASAGNA



Use no-boil lasagna noodles or oven-ready noodles to skip on time needed to boil the noodles before assembling the pasta. You can make the sauce and the mushroom filling up to three days in advance of assembling the pasta.

Use gf lasagna noodles to make the recipe gluten-free and nut-free milk to make it nut-free. The vegan parm can be made with pumpkin seeds.

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)