

MEAL PLAN 15

Meal prep tips

MONDAY

GNOCCHI VERDE



This uniquely delicious and vegan version of the Italian recipe comes together so easily. Make the marinara up to a week in advance.

TUESDAY

LENTIL MARINARA



This no-oil recipe uses vegetable broth for more flavor. Use canned lentils for quick prep. Can be made with gluten-free pasta to keep this recipe gluten-free.

WEDNESDAY

CAULIFLOWER CURRY



Use frozen cauliflower to shorten prep time further. To make the recipe nut-free use pumpkin seeds instead of cashews for richness and flavor.





THURSDAY

SQUASH CASSEROLE



Use pumpkin seeds for a nut-free version of this casserole. Most of the cooking time here is hands-free while the squash casserole bakes in the oven.

FRIDAY

GARLIC PASTA WITH BROCCOLI RABE



Use gf pasta for a gluten-free version of this recipe. This extremely simple recipe takes minutes to put together. You can use broccoli florets instead of broccoli rabe.

WEEKEND

QUINOA BIRYANI



You can make an easy and time-saving swap by using canned garbanzo beans or chickpeas instead of black chickpeas in this recipe. Use canned tomato puree for easier prep.



Meal Plan 15 Shopping List

Vegetables

- Broccoli rabe (1 large bunch)
- Cauliflower (1 head)
- Lemons (1)
- San Marzano tomatoes or canned plum tomatoes (56 oz or 2 cans)
- Spinach (24 oz)
- Tomato puree (1 cup)
- Yellow squash (4 medium)
- Onions (2)

Beans and Grains

- Almond flour (1/2 cup)
- Dried kala chana or black chickpeas (1 cup. Can sub with two 14-oz cans of garbanzo beans)
- Dried French lentils (1 cup. Can sub with two 14-oz cans)
- Spaghetti or other long pasta (16 oz)
- Dried quinoa (1 cup)
- Unbleached all purpose flour (3/4 cup)

Herbs

- Fresh cilantro (1/2 cup)
- Dried dill (2 tsp)
- Dried mint (2 tsp)
- Dried oregano (2 tsp)
- Dried thyme (1 tsp)
- Garlic (21 cloves)
- Garlic powder (1/2 tsp)
- Ginger garlic paste (2 tbsp)
- Green chilli peppers (1)
- Kasoori methi (1 tbsp)
- Fresh oregano (1 tbsp)
- Dried minced onion (2 tsp)

Oils

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

Spices

- Caraway seeds (1 tsp)
- Chaat masala (1 tsp)
- Cinnamon stick (1-inch piece)
- Cloves (3)
- Garam masala (1 tsp)
- Green cardamom pods (3)
- Ground coriander (1 tbsp)
- Ground green cardamom (1 tsp)
- Nutmeg (1/2 tsp)
- Paprika (1/2 tsp)
- Red pepper flakes (3 tsp)
- Turmeric (1/2 tsp)

Other ingredients

- Fried onions (1/4 cup)
- Full-fat coconut milk (1/2 cup)
- Nutritional yeast (6 tbsp)
- Vegan cheddar cheese shreds (8 oz)
- Vegan yogurt (3/4 cup)
- Vegetable stock (3 cups)