

WEEKLY MEAL PLAN

MON

Simple Mushroom Olive Oil Pasta

TUES

Cauliflower Buddha Bowl

WED

Easy Vegan Chilli

THU

Vegan Pad Thai

FRI

Pizza Night /Order-In

SAT

White Wine Mushroom Risotto

SUN

The Best Vegan Meatloaf

THINGS TO BUY

- Mushrooms
- Onion, 2-3 sweet
- Garlic
- Peppers (2 red at least)
- Cilantro and parsley
- Lemons (2) and limes (2-4)
- Green onion
- Spinach
- Bean sprouts
- Avocado
- Carrots
- Cauliflower, 1 head
- Tofu, extra firm (3 blocks)
- Penne pasta
- Quinoa
- Risotto rice
- Rice noodles, 1 package
- Chickpeas, 2 cans
- Dried green lentils
- Mixed beans, 2 cans
- Tomato paste, 1 can
- Diced tomatoes, 2 cans
- Vegetable broth
- Olive oil
- Soy sauce or Tamari
- Ketchup and yellow mustard
- Balsamic Vinegar
- Flaxseed
- Nutritional yeast
- Coconut sugar or other sugar
- Cocoa powder
- Oats
- Peanuts or almonds, unsalted
- White wine
- Spices (chilli powder, cumin, coriander, paprika, onion and garlic powder, salt, pepper)