

# MEAL PLAN & GROCERY LIST

**Monday:** *West African Peanut Stew (7-8 servings)*

**Tuesday:** *Roasted Root Vegetables With Dill, White Beans and Kale*

**Wednesday:** *Perfect Weeknight Pasta with Green Peas and Dino Kale*

**Thursday:** *Quick Butternut Squash Soup with Carrots, Apple and Crispy Chickpeas*

**Friday:** *Smokey Lentil Mushroom Tacos*

**Weekend Suggestion:** *Vegan Ricotta Cannelloni (NOT included in grocery list)*

## Fresh Produce

- 1 kg sweet potatoes
- 1 kg waxy potatoes
- 600 g dino kale
- 200 g green curly kale
- 1/4 red or green cabbage head (150 g)
- 7 medium carrots (700 g)
- 1 medium butternut squash (1.2 kg)
- 250 g cremini mushrooms
- 6 medium yellow onions (900 g)
- 4 red onions (400 g)
- 2 heads garlic (17 cloves)
- 1 large apple
- 1 lemon
- 4 tbsp fresh or frozen cilantro
- 5 cm knob fresh ginger
- 3 fresh sage leaves – optional

## Dry and Canned Goods

- 500 g pasta
- 8-10 small corn tortillas
- 2 dl red lentils (180 g)
- 2 dl green lentils (160 g)
- 7 dl black beans, cooked (525 g)  
or 3 dl dried
- 10 dl small white beans, cooked (750 g)  
or 4 dl dried
- 6 dl chickpeas, cooked (460 g)  
or 2 1/2 dl dried
- 250 g tomato paste (15 tbsp) NO TYPO
- 250 g salted peanut butter (2 1/2 dl)
- 1 tbsp + 1 tsp baking syrup (ljus sirap)  
or maple syrup
- 1 1/2 tsp chipotle paste (or adobo sauce)
- 1 1/2 dl hazelnuts

- 1 dl pumpkin seeds
- 1 dl walnuts

## Refrigerated

- 3 dl crème fraîche of your choice
- 2 dl Greek or Turkish style yogurt of your choice

## Frozen

- 1 dl frozen dill
- 600 g frozen green peas

## Pantry Items

- Salt
- Black pepper
- Olive oil
- Canola oil
- Sugar (1 1/2 tbsp)
- Apple cider vinegar (2 1/2 dl + 1 tsp)
- Dried tarragon (1 tbsp)
- Ground cumin (1 tbsp)
- Ground coriander (2 tsp)
- Chili powder (1 1/2 tsp)
- Cayenne pepper (1/4 tsp)
- Ground nutmeg (1/4 tsp)
- Smoked paprika (1 1/2 tsp)
- Bouillon powder (4 1/2 tbsp  
or 4 1/2 cubes)
- Nutritional yeast (2 tbsp), optional