

MEAL PLAN & GROCERY LIST

Monday: *Vegan Chorizo and Potato Stew*

Tuesday: *30 Minute Green Curry Stir Fry*

Wednesday: *Spaghetti Lentil Bolognese*

Thursday: *Simple and Creamy Green Pea Soup*

Friday: *Black Bean, Butternut Squash and Kale Enchiladas (Serves 6-8)*

Weekend Suggestion: *Vegan Pad Thai (NOT included in grocery list)*

Fresh Produce

- 1.1 kg potatoes
- 1 medium butternut squash (1.2 kg)
- 300 g dino kale
- 6 medium carrots (600 g)
- 1/3 cabbage head (400 g)
- 6 medium yellow onions (900 g)
- 3 heads garlic (23 cloves)
- 1 lemon
- 3 cm knob of fresh ginger

Dry and Canned Goods

- 500 g spaghetti
- 16 medium-sized tortilla breads
- 4 dl rice, pearled wheat, or other grain (300-400 g)
- 4 dl red lentils (360 g)
- 3 dl small white beans, cooked (230 g) or 1.2 dl dried
- 7 dl black beans, cooked (525 g) or 3 dl dried
- 2400 g crushed tomatoes
- 2 tbsp chipotle paste
- 7 tbsp tomato paste
- 2 tbsp green curry paste
- 1 can full-fat coconut milk
- 1/2 tbsp maple syrup
- 1 dl peanuts
- 2 dl walnuts

Refrigerated

- 2 1/2 dl oat milk
- 280 g cheese of your choice, grated

Frozen

- 5 vego chorizo sausages (300 g)
- 300 g frozen green beans
- 600 g frozen green peas

Pantry Items

- Salt
- Black pepper
- Olive oil
- Canola oil
- Sugar (1 tbsp)
- Paprika (1 tbsp)
- Smoked paprika (1 tsp)
- Dried oregano (3 tbsp)
- Red pepper flakes (pinch)
- Bouillon powder (2 1/2 tbsp or 2 1/2 cube)