

MEAL PLAN & GROCERY LIST

Monday: *Lentil-Potato Dal (Serves 6-8)*

Tuesday: *Kale Salad with Butternut Squash and Tahini Dressing*

Wednesday: *Pasta with Cauliflower, Garlic and Bread Crumbs*

Thursday: *Broccoli & Potato Soup with Thyme Croutons (Serves 6-8)*

Friday: *Vegan "Fish" Tacos With Breaded Celery Root, Cabbage and Lime Sauce*

Weekend Suggestion: *Kale and Lentil Lasagna (NOT included in grocery list)*

Fresh Produce

- 6 medium carrots (600 g)
- 1 whole celery root (1 kg)
- 350 g green curly kale
- 1/2 green cabbage head (600 g)
- 1 medium butternut squash (1.2 kg)
- 1 large head of cauliflower (1.2 kg)
- 2 broccoli heads (500 g)
- 1.6 kg waxy potatoes
- 250 g fresh spinach
- 1 large leek
- 4 medium red onions (400 g)
- 1 medium yellow onion (150 g)
- 2 heads garlic (19 cloves)
- 3 lemons
- 1 lime
- 1 1/2 dl chopped cilantro
- 25-30 sprigs of fresh thyme (equals 2 tbsps leaves, or 2 tsp dried)
- 2 dl chopped parsley
- 5 cm knob fresh ginger

Dry and Canned Goods

- 500 g pasta
- 20 small or 10 medium tortilla breads
- 8 slices of bread (for croutons)
- 6 dl red lentils (540 g)
- 4 dl chickpeas, cooked (300 g) or 1 1/2 dl dried
- 12 dl small white beans, cooked (920 g) or 5 dl dried
- 1600 g crushed tomatoes
- 3/4 dl tahini
- 2 1/2 tsp maple syrup
- 5 dl breadcrumbs

- 1 dl chopped sun-dried tomatoes
- 2 tbsps mayonnaise
- 1 can coconut milk
- 2 1/2 dl pumpkin seeds
- 3-4 dl raw cashew nuts or peanuts (180-240 g)
- 1 dl dried cranberries

Refrigerated

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

Pantry Items

- Salt
- Black pepper
- Olive oil
- Canola oil
- Sugar (1 1/2 tbsps)
- All purpose flour (1 dl)
- White wine or apple cider vinegar (1 1/2 dl)
- Balsamic vinegar (1 tbsps)
- Red pepper flakes (pinch)
- Dried thyme (1 tbsps)
- Curry powder (3 tbsps)
- Ground coriander (2 tsp)
- Ground or crushed cumin (1 tbsps)
- Chili powder (1/2 tsp)
- Cinnamon (1/4 tsp)
- Cayenne pepper (1/2 tsp)
- Bouillon powder (2 tbsps or 2 cubes)