

# MEAL PLAN & GROCERY LIST

**Monday:** *Fennel Stew with Saffron and Potatoes (Serves 6)*

**Tuesday:** *Crunchy Broccoli Bowl*

**Wednesday:** *Baked Pasta with Mushrooms and Kale (Serves 6-8)*

**Thursday:** *Pantry Lentil Tomato Soup with Spiced Sunflower Seeds*

**Friday:** *Loaded Veggie Tacos*

**Weekend Suggestion:** *Pea Patties + Rutabaga Fries (NOT included in grocery list)*

## Fresh Produce

- 2 heads of fennel (800 g)
- 2 heads of broccoli (500 g)
- 2 medium carrots (200 g)
- 200 g green cabbage
- 1 kg potatoes
- 1 large butternut squash (1.6 kg)
- 500 g cremini mushrooms
- 1 leek (500 g)
- 3 medium yellow onions (450 g)
- 3 medium red onions (300 g)
- 2 heads garlic (14 cloves)
- 3 apples
- 2 lemons
- 1 tbsp fresh or frozen cilantro
- A handful pea shoots – optional

## Dry and Canned Goods

- 500 g pasta, such as penne
- 8 medium-sized tortilla breads
- 6 dl uncooked pearled wheat or other grain
- 6 dl great white beans, cooked (460 g) or 3 dl dried
- 6 dl black beans, cooked (460 g) or 2 1/2 dl dried
- 12 dl chickpeas, cooked (920 g) or 5 dl dried
- 2 dl red lentils (180 g)
- 2 tbsp tomato paste
- 800 g crushed tomatoes
- 3 tbsp peanut butter
- 3 tbsp tahini
- 2 1/4 tsp baking syrup (ljus sirap) or maple syrup

- 3 tbsp mayonnaise
- 1 dl sunflower seeds
- 1 tsp chipotle paste
- 0.5 g saffron (10-15 saffron threads)
- 1 dl nuts/seeds – optional

## Refrigerated

- 1 l oat milk
- 100 g grated cheese of your choice
- 150 g feta cheese of your choice

## Frozen

- 500 g frozen kale

## Pantry Items

- Salt
- Black pepper
- Olive oil
- Canola oil
- Sugar (1 1/2 tbsp)
- All purpose flour (6 tbsp)
- Apple cider vinegar (1 tbsp)
- White wine vinegar (2 dl + 1 tbsp)
- Dried thyme (3 tbsp)
- Ground white pepper (1/2-1 tsp)
- Ground cumin (2 tsp)
- Ground coriander (2 tsp)
- Cinnamon (pinch)
- Smoked paprika (1 tsp)
- Cayenne pepper (1/2 tsp)
- Bouillon powder (4 tbsp or 4 cubes)