

SHOPPING List

vegan pantry staples

sweetpeasandsaffron.com



PANTRY

- chia seeds (1)
- almond milk (1)
- espresso powder (1)
- red lentils (2)
- 1 13.5 oz can coconut milk (2)
- 2 15 oz cans diced tomatoes (2, 4)
- vegetable stock (3 cups) (2)
- quinoa (1 cup) (3)
- 1 can corn (3)
- 1 can black beans (3)
- olive oil (3)
- white wine vinegar (3)
- honey (3)
- dijon (3)
- 1 15 oz can chickpeas (4)
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REFRIGERATED

- maple syrup (1)
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PRODUCE

- butternut squash (4 cups) (2)
- 2 onions (2, 4)
- garlic (2 cloves) (2)
- ginger (2 inches) (2)
- 2 limes (2, 3)
- 3 bell peppers (3, 4)
- 2 carrots (3)
- 2 stalks celery (3)
- 1 large sweet potato (4)
- 1 lemon (4)
- parsley (optional) (4)



SPICES & BAKING

- vanilla extract (1)
- cinnamon (1, 5)
- cocoa powder (1)
- curry powder (2)
- ground coriander (2)
- garam masala (2)
- turmeric (2)
- cumin (2, 5)
- salt (2, 3)
- brown sugar (5)
- paprika (5)
- ground cloves (5)
- ground ginger (5)
- pepper (5)
- cayenne (optional) (5)
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to skip any recipe, cross ingredients with the number corresponding to that recipe off the shopping list

- (1) Chocolate Chia Pudding
- (2) Butternut Lentil Curry
- (3) Black Bean Quinoa Salad
- (4) Moroccan Chickpea Skillet
- (5) Moroccan Spice Blend

Weekly MEAL PLAN

Sweet Peas
AND SAFFRON

BREAKFAST

Chocolate Chia
Seed Pudding

(4 portions)

LUNCH

Butternut Squash
Lentil Curry

(4 portions)

SNACKS

BREAKFAST PREP

Assemble Chia
Seed Pudding

LUNCH PREP

portion out left-
over Butternut
Squash Curry +
rice

SNACK PREP

DINNERS

S Butternut Squash Lentil Curry

M Black Bean Quinoa Salad

T Moroccan Chickpea Skillet

W Leftover Salad or Curry

T

F

S

DINNER PREP

1. Cook Butternut Squash Lentil Curry
2. Cook rice for Butternut Curry
3. Prepare Black Bean Quinoa Salad
4. Assemble Moroccan Chickpea Skillet ingredients and freeze OR cook the meal + portion out leftovers.