

# SHOPPING List

sweetpeasandsaffron.com



## PRODUCE

- 5 Medium Sweet Potatoes (1, 5)
- 3 Onions (1, 3, 5)
- 1 Butternut Squash (2, 3)
- 1 Red Onion (2)
- 2 Bell Peppers (2)
- 1 Lime (2)
- Garlic (6 cloves) (3, 5)
- Ginger (3, 5)
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## REFRIGERATED

- 1 Block Extra Firm Tofu (4)
- Coconut Yogurt (4)
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## COOK DAY

- vegetable stock (3, 5)
- chili toppings (1)
- tortillas & fajita toppings (2)
- naan bread or rice (3, 4)
- 2 handfuls spinach (5)
- bread (5)
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## PANTRY

- 3 cans Diced Tomatoes (15 oz) (1, 3, 5)
- Black Beans (15 oz) (1)
- Corn Kernels (12 oz) (1)
- 2 Cans Chickpeas (15 oz) (2, 5)
- Maple Syrup (2)
- Olive Oil (2)
- 2 Cups Red Lentils (3)
- Coconut Milk (13.5 oz) (3)
- 2 Cans Tomato Sauce (14.5 oz) (1,4)
- Natural Peanut Butter (5)



## SPICES & BAKING

- Chili Powder (1, 2)
- Cumin (1, 2, 3, 4)
- Ground Coriander (1, 2, 3, 4, 5)
- Salt (1, 2, 3, 4, 5)
- Paprika (2, 4)
- Garlic Powder (2, 4)
- Curry Powder (3)
- Garam Masala (3, 4)
- Turmeric (3)
- Onion Powder (4)
- Ground Ginger (4)
- Cinnamon (4)
- Cayenne (5)



to skip any recipe, cross ingredients with the number corresponding to that recipe off the shopping list

- (1) Vegan Crockpot Chili
- (2) Butternut Squash Fajitas
- (3) Butternut Squash Daal
- (4) Vegan Tikka Masala
- (5) Vegan African Peanut Stew

# PREP List

**1**

## **LABEL**

all bags or containers with recipe name, date, and full cooking instructions

**2**

## **CHOP VEGGIES**

-3 onions (diced)

-1 red onion (sliced into strips)

-2 bell peppers (sliced into strips)

-4-5 sweet potatoes (cut into 1-1 1/2 inch cubes)

-6 cloves garlic (peeled)

-3 tablespoons ginger (grated)

-butternut squash- peel, scoop seeds out, and cut into 1 inch cubes (or use frozen)

-cube tofu

**3**

## **OPEN CANS & SPICES**

-open all cans & spice jars

**4**

## **PORTION**

working recipe by recipe, add all ingredients to bags or containers.

**5**

## **FREEZE**

squeeze air out of bags and freeze them flat in the freezer. You can rearrange them once they have frozen!