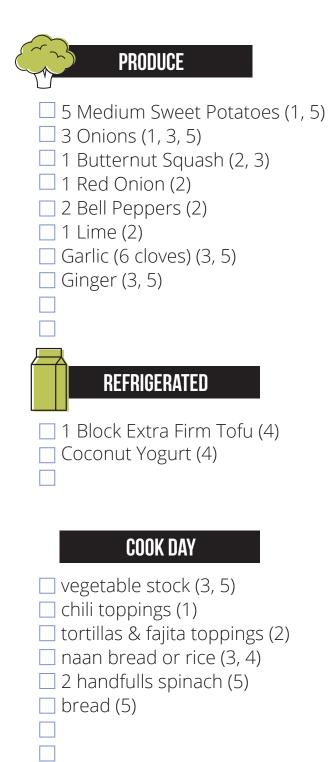
SHOPPING sweetpeasandsaffron.com



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

PREPLIST



LABEL

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

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



OPEN CANS & SPICES

-open all cans & spice jars



PORTION

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



FREEZE

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