

Rachel Cooks

MEAL PLAN #68 - VEGAN

MONDAY



Barley Salad With Tomatoes, Cucumber And Parsley

- To make this a main course salad, add protein: vegan cheese, canned chickpeas, toasted almonds, pine nuts, or pepitas. Add your choice to the grocery list.
- This salad will keep in the refrigerator for 3 days, perfect for an easy lunch.

TUESDAY



Stuffed Pepper Casserole

- Make this recipe vegan by substituting vegan plant-based meat crumbles or a can (15.5 oz.) of pinto or black beans for the ground turkey. Omit the cheddar cheese or use vegan cheese.

WEDNESDAY



Tofu Sheet Pan Dinner with Peanut Sauce

- If you prefer, substitute cooked quinoa for the rice.
- Feel free to substitute vegetables of your choice.

THURSDAY



Grilled Ratatouille Pasta Salad

- If you wish, grill vegan sausages to serve with the salad. Be sure to add them to the grocery list.

FRIDAY



Air Fryer Falafel Sandwiches

- Serve falafel with leaf lettuce, pickled red onions or pickled radishes, and homemade tahini sauce on flatbread (see recipe below if you'd like to make your own flatbread).
- If you prefer, falafel can be fried on the stovetop instead of an air fryer.

BONUS



Flatbread Recipe

- Flatbread is easy to make and is so versatile. It can be served as is, warm from the griddle, or as a base for pizza, a sandwich wrap, or instead of toast. Try it with the falafel!
- The recipe makes 8 but it freezes well if you want to make a double batch.

NOTES

- Cooking Quote of the Week: "Plants are infinite – this diet isn't limiting and there's so much more to explore! That's what excites me about it most."
- Denai Moore (Simply Vegan Podcast)





GROCERY LIST FOR MEAL PLAN #68

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- yellow onions (2) - Tu/F
- red onion (3) - M/W/Th
- green onions (1 bunch) - W
- garlic (8 cloves or 1 head) - M/W/Th/F
- ginger root (1) - W
- roma or vine-ripened tomatoes (2) - M (see note)
- 2 large tomatoes (24 oz total) - Th (see note)
- English cucumber (1) - M
- bell peppers, any color (4, see note) - Tu/W/Th
- carrots (2) - W
- broccoli florets (2 c or 1-2 crowns) - W
- eggplant (16 oz) - Th
- zucchini (2, or about 12 oz) - Th
- leaf lettuce - F
- flat leaf (Italian) parsley (1 bunch) - M/F
- mint (1 tablespoon) - M
- basil (¼ c chopped) - Th
- cilantro (small bunch) - F
- lemons (2) - M

DAIRY / REFRIGERATED

- shredded vegan cheese (¾ c, optional) - Tu

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- dried oregano - Tu
- garlic powder - Tu/W/Th
- dried thyme - Th
- ground cumin - F
- ground coriander - F
- cayenne powder - F

BREAD / PASTA / GRAINS

- pearl barley (1 c dry or 4 c cooked) - M
- long grain brown or white rice (½ c) - Tu
- rice or quinoa for serving with tofu - W
- short pasta such as ziti (8 oz) - Th
- flatbread (if you're not making the bonus recipe) - F

PANTRY

- reduced-sodium soy sauce - W
- cornstarch - W
- creamy peanut butter, sunflower seed butter, or almond butter (¼ c) - W
- sweet chili sauce - W
- rice vinegar - W
- toasted sesame oil - W
- white balsamic vinegar - Th, see note
- all-purpose flour - F/Bonus
- baking soda - F
- instant potato flakes - Bonus
- vegetable oil - Bonus
- instant yeast - Bonus

PROTEIN

- vegan cheese, chickpeas, toasted almonds, pine nuts, or pepitas for barley salad - M
- 16 oz vegan meat crumbles or 15.5 oz can of beans for stuffed pepper casserole - Tu
- extra-firm tofu (14 oz) - W
- vegan sausages (4, optional) - Th

CANNED GOODS

- 28 oz can crushed tomatoes (1) - Tu
- 15 oz can chickpeas (1) - F

OTHER

- salted peanuts (optional) - W
- toppings for falafel sandwiches (optional) - F

NOTES

- Regular balsamic vinegar can be used if you can't find white balsamic (Th).
- If you want to strictly follow the recipes, we recommend at least two of the four bell peppers be red bell peppers, but any colors will work.
- Pick tomatoes that look fresh & ripe (M/Th). Any variety will work (even cherry tomatoes). The grocery list shows what is listed in the recipes to give you an idea of the quantity needed.

