

The Shopping List

Vegan Week 1 of 3

This week you'll cook: Tofu Scramble with Vegetables · Chickpea Salad with Plenty of Vegetables · Lentil Dal with Cauliflower · Big Salad with Smoked Tofu & Edamame · Vegan Lentil Bolognese with Zucchini Noodles

Protein

- ☐ Chickpeas
- ☐ Edamame
- ☐ Lentils
- ☐ Red lentils
- ☐ Smoked tofu
- ☐ Tofu

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Vegetables

- ☐ Cauliflower
- ☐ Chopped tomatoes
- ☐ Cucumber
- ☐ Onions
- ☐ Spinach
- ☐ Zucchini

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Grains & starch

- ☐ Wholegrain bread
- ☐ Wholegrain couscous

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Coconut oil
- ☐ Dried herbs
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Sesame seeds
- ☐ Spices (cumin, paprika, chili)
- ☐ Stock or broth
- ☐ Turmeric

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



This week's prep tip. Prep ahead: cook a big batch of quinoa or rice and roast a tray of vegetables on day one. Half your lunches and sides are then ready in minutes.

Easy snacks this week

Edamame

Nut & seed mix

Veg sticks with hummus

Apple slices with peanut butter

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.

VEGAN · WEEK 1

The Shopping List

Vegan Week 2 of 3

This week you'll cook: Tofu Scramble with Vegetables · Chickpea Salad with Plenty of Vegetables · Black-Bean Patties with Sweet-Potato Fries · Lentil Dal with Cauliflower · Tofu Curry with Vegetables · Hummus, Veg & Smoked Tofu Wraps

Protein

- ☐ Black beans
- ☐ Chickpeas
- ☐ Red lentils
- ☐ Smoked tofu
- ☐ Tofu
- ☐
- ☐
- ☐
- ☐
- ☐

Vegetables

- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cucumber
- ☐ Mixed salad
- ☐ Onions
- ☐ Spinach
- ☐
- ☐
- ☐
- ☐
- ☐

Grains & starch

- ☐ Rolled oats
- ☐ Sweet potato
- ☐ Wholegrain bread
- ☐ Wholegrain couscous
- ☐ Wholegrain rice
- ☐ Wholegrain wraps
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry & oils

- ☐ Coconut oil
- ☐ Curry powder
- ☐ Fresh herbs
- ☐ Hummus
- ☐ Light coconut milk
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Spices (cumin, paprika, chili)
- ☐ Stock or broth
- ☐ Turmeric
- ☐
- ☐
- ☐
- ☐
- ☐

💡 This week's prep tip. Prep ahead: cook a double batch of your protein early in the week. It turns three dinners into ten-minute meals and keeps the protein rule effortless.

Easy snacks this week

Apple slices with peanut butter

Edamame

Nut & seed mix

Veg sticks with hummus

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.

VEGAN · WEEK 2

The Shopping List

Vegan Week 3 of 3

This week you'll cook: Tofu Scramble with Vegetables · Chickpea Salad with Plenty of Vegetables · Lentil Dal with Cauliflower · Big Salad with Smoked Tofu & Edamame · Vegan Vegetable & Lentil Lasagne

Protein

- ☐ Chickpeas
- ☐ Edamame
- ☐ Lentils
- ☐ Red lentils
- ☐ Smoked tofu
- ☐ Tofu
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Vegetables

- ☐ Cauliflower
- ☐ Cucumber
- ☐ Onions
- ☐ Spinach
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Grains & starch

- ☐ Lasagne sheets
- ☐ Wholegrain bread
- ☐ Wholegrain couscous
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry & oils

- ☐ Coconut oil
- ☐ Olive oil
- ☐ Salt & pepper
- ☐ Sesame seeds
- ☐ Spices (cumin, paprika, chili)
- ☐ Stock or broth
- ☐ Turmeric
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

This week's prep tip. Prep ahead: wash and chop your salad veg into jars on shopping day, so a fast, protein-first lunch is never a decision.

Easy snacks this week

Veg sticks with hummus

Apple slices with peanut butter

Edamame

Nut & seed mix

Protein at every meal is the one rule that does the heavy lifting. Tick what you need, add your own on the blank lines.

VEGAN · WEEK 3