

VEGAN INSTANT POT MEAL PLAN #9

INSTANT POT DINNERS



HEARTY VEGETABLE STEW



TEX MEX BURRITO BOWL
WITH AVOCADO CREMA



INSTANT POT PASTA
PRIMAVERA



THAI RED LENTIL SOUP



GREEN VEGGIE RISOTTO
WITH FRIED GARLIC

FOR LUNCHES



BROWN RICE & CASHEW SALAD
WITH SOY BALSAMIC DRESSING



ITALIAN WHITE BEANS ON TOAST

FOR BREAKFAST



ROLLED OATS WITH
CINNAMON & BANANA

NOTES

SHOPPING LIST

HERBS & SPICES

- 1 tsp cinnamon
- 1 tsp dried thyme
- 2 bay leaves
- 1 tsp paprika powder
- 1 tsp cumin powder
- 1/2 tsp chipotle chili flakes
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp ground coriander seed powder
- 1/2 tsp dried oregano
- 1 tbsp Italian seasoning
- 1/4 cup finely diced parsley
- 3 sprigs of rosemary
- 1oz/25g dried porcini mushrooms
- Fried shallots (garnish)

PRODUCE

- 3 lemons
- 5 tbsp lime juice
- A knob of ginger
- 2 bananas
- 5 onion
- 2 red onion
- 2 garlic head
- 3 sweet bell pepper (red)
- 5 carrots
- 3 celery sticks
- 1 crown of broccoli
- 3 potatoes (1.5 lb/700g)
- 1 sweet potato
- 4 zucchini
- 1 cucumber
- 3-4 cups roughly chopped spinach or baby spinach
- 2 cups leafy greens (kale, chard, collards, cavolo nero)
- 4 oz /120 g fine green beans
- 1 cup frozen baby peas
- 1 avocado
- 3 cups cherry tomatoes
- A bundle of asparagus
- 1 cup cremini or brown mushrooms
- 1 jalapeño green chili (optional: chili powder)
- Fresh cilantro
- Fresh basil or parsley (garnish)
- Scallions/spring onions (garnish)
- 1.5 cups frozen peas, beans and broad beans

PANTRY ITEMS

**You might already have these items*

- 1 1/4 cup olive oil
- 1 tsp bicarb/baking soda
- 5 tbsp maple syrup
- 4 vegetable stock cubes
- 5 qts (5 L) vegetable stock /broth
- 1 cup coconut milk (canned, not the diluted drink)
- 1 tbsp ketchup or tomato paste
- 2 tbsp red curry paste
- 2 tbsp nutritional yeast flakes
- 1 tsp miso paste
- 10 tablespoons soy sauce or Tamari or coconut aminos
- 1/4 cup Balsamic vinegar
- 2 cans chopped tinned tomatoes
- Tomato salsa (optional)
- 1 x 400 g can mixed cooked beans
- 1 x 350 g can sweet corn
- 3 tablespoons flour or tapioca flour
- 2.5 cups old fashioned rolled oats
- 1.5 cup long-grain rice (Basmati)
- 1.25 cups dry Arborio rice
- 2 cups uncooked brown rice
- 8 oz penne, rotini or rigatoni
- 1.25 cup red split lentils (dry)
- 2 cups dry white beans (Great Northern or Haricot)
- 1 cup cashew nuts (roasted, ideally)
- Mixed seeds (garnish)
- Pecans (garnish)

YOUR OWN meal plan

BREAKFAST

LUNCH

DINNER

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