

**FOUR
WEEK**

VEGAN MEAL PLAN

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WEEK A

- Mon Creamy Wild Mushroom Gnocchi
- Tue Takeaway-Style Vegan Korma
- Wed Black Bean Avocado Tacos
- Thu Moroccan Stuffed Romano Peppers
- Fri Spelt Spaghetti with Avocado Pesto
- Sat Vegan Shepherds Pie BATCH COOK
- Sun Vegan Sausage Casserole

WEEK B

- Mon BBQ Black Bean Jalepeño Burger BATCH COOK
- Tue Slow Cooked Butternut Dhal
- Wed Herby Giant Cous Cous with Asparagus & Lemon
- Thu Broccoli & Walnut Pesto and Pasta alla Genovese
- Fri Broccoli, Kale, Chilli & Hazelnut Pizza
- Sat Grönsaksbullar - Swedish Vegan Meatballs BATCH COOK
- Sun Chipotle Black Bean Chilli

WEEK C

- Mon Exotic Mushroom & Cashew Sweet Chilli Noodles
- Tue Broad Bean, Fennel & Baby Carrot Pilaff
- Wed Chestnut Mushroom Bourguignon
- Thu Veggie Sausage Sun-Dried Tomato One Pot Pasta
- Fri Speedy & Spicy Chilli Bean Burritos
- Sat Roasted Squash & Creamy Pesto Lasagne BATCH COOK
- Sun Veggie Shepherds Pie Jacket Potatoes

WEEK D

- Mon Pappardelle with Cavolo Nero & Walnut Sauce
- Tue Quick & Easy Tomato & Herb Gigantes Beans
- Wed Spicy Sesame & Edamame Noodles with Black Bean Tenderstem
- Thu Lemony Sweet Potato Tagine
- Fri Wild Mushroom & Sherry Risotto
- Sat Vegan Moussaka BATCH COOK
- Sun Linguine with Red Wine, Olive & Pinto Bolognese



SHOPPING LIST

Storecupboard Essentials

rapeseed or sunflower oil
extra virgin olive oil
plain flour
salt
black pepper
sugar
vegetable stock powder (check it is
vegan)
dairy-free margarine
dairy-free milk (soya, nut or oat)
gravy granules (check they are vegan)
nutritional yeast flakes (optional)
soy sauce or tamari
tomato purée
wholegrain mustard

Herbs & Spices

ready-chopped garlic / garlic purée
ready-chopped ginger / ginger purée
chipotle paste
cinnamon
curry powder
dried oregano
garam masala
nutmeg
ground cinnamon
harissa paste (or rose harissa)
smoked paprika
turmeric

Batch Cooking Supplies

14 small foil trays with lids



RECIPE LINKS

Click on each day's dish below for a link to the recipe

Mon Creamy Wild Mushroom Gnocchi

Tue Takeaway-Style Vegan Korma with rice

Wed Black Bean Avocado Tacos

Thu Moroccan Stuffed Romano Peppers

Fri Spelt Spaghetti with Avocado Pesto

Sat Vegan Shepherds Pie with peas

BATCH
COOK

Sun Vegan Sausage Casserole with jacket potato

NOTES

- **Monday's** one-pot gnocchi is an all-time favourite. Do check the ingredients when buying gnocchi as some contain egg, but De Cecco is egg-free and available in most supermarkets (near the dried pasta), and Aldi's own brand gnocchi is also vegan
- **Saturday's** shepherds pie is your first batch-cook, and should be enough to make 4 extra portions in individual foil trays either to freeze or keep in the fridge for the end of the week. Or perfect for entertaining as there will be plenty for six.
- On **Sunday** you will need to put your jacket potatoes in the oven before you start cooking your sausage casserole - they will take up to an hour, or speed the process up by microwaving them for 5 minutes beforehand.



SHOPPING LIST

Check that you have all the storecupboard ingredients & spices listed on page 2

Fruit & Veg

12 asparagus spears Fri
2 avocados Wed, Fri
6 baby carrots (eg. chantenay) Sun
handful baby spinach Mon, Thu, Sun
1 large carrot (or 3 baby carrots) Sat
5 cherry tomatoes Wed
60 g curly kale Sat
50 g fresh basil Fri
fresh coriander Wed, Thu
2 lemons Thu, Fri
1/2 lime Wed
250 g mixed mushrooms (I used portobello, chestnut and shiitake) Mon
2 onions Tue, Sat
1 kg baking potatoes Sat, Sun
2 red onions Wed, Thu, Sun
4 romano peppers (or 2 large red peppers would work fine too) Thu
5 shallots Mon
3 spring onions Sat
1 sweet potato Sat

Tins & Dried Goods

270 g borlotti beans (tinned) Sun
75 g brazil nuts Fri
400 g tin cannellini beans Sat
25 g cashew nuts Tue
400 g tin chickpeas Thu
400 g tin chopped tomatoes Sat
500 g gnocchi (ready-made, check it is vegan) Mon
400 g tin green or brown lentils Sat
200 g microwave packet brown basmati rice Tue

170g passata Sun

1 roasted red pepper (from a jar) Wed
200 g spelt spaghetti (or normal wheat spaghetti would be fine too) Fri
12g sultanas Tue
200 g tinned black beans Wed
100g wholewheat giant couscous Thu

Alcohol

125ml white wine (check it is vegan - you can buy a 250ml bottle and freeze the rest for next time) Mon

Bakery

2 tortilla wraps (or 4 small wraps) Wed

Chiller Cabinet

125ml coconut yoghurt Tue
5 tbsp dairy-free cream (soya or oat cream) Mon, Tue
Vegan parmesan-style 'cheese' (optional - you will need 100g in week D too) Mon
4 vegan sausages (you will need 2 in week C so freeze the rest for later) Sun

Freezer

100g peas (fresh or frozen) Fri
300 g vegetables and pulses (eg. bag frozen Chickpea & Spinach mix with lentils and spinach) Tue



RECIPE LINKS

Click on each day's dish below for a link to the recipe

Mon [BBQ Black Bean Jalepeño Burger with oven chips](#)

BATCH
COOK

Tue [Slow Cooked Butternut Dhal with rice](#)

Wed [Herby Giant Cous Cous with Asparagus & Lemon](#)

Thu [Broccoli & Walnut Pesto and Pasta alla Genovese](#)

Fri [Broccoli, Kale, Chilli & Hazelnut Pizza](#)

Sat [Grönsaksbullar - Swedish Vegan Meatballs](#)

BATCH
COOK

Sun [Chipotle Black Bean Chilli with rice](#)

NOTES

- **Monday's** jalapeño burgers are a bonus batch-cook, as they take up so little space in the freezer you might as well make six whilst you're at it!
- **Tuesday's** dhal is just as good made on the hob as in a slow-cooker - follow the slow-cooker instructions, but just cook over a medium heat in a large saucepan or casserole on the hob, and it should be ready in 30-40 minutes.
- **Friday's** pizza bases won't need the whole packet of bread dough, but you might as well make up the whole lot and make a couple of rolls for lunch the next day whilst you're at it.
- **Saturday's** vegan meatballs are another batch cook - the mixture makes about 20, so you can cook 5 each and freeze the remaining 10 for next time.



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Fruit & Veg

100 g asparagus tips Wed
 1/2 avocado Mon
 handful baby spinach Wed
 150 g butternut squash Tue
 3 carrots Sat, Sun
 85 g curly kale Fri, Sat
 100 g fine green beans Thu
 50g fresh coriander Mon, Tue, Sun
 handful fresh mint Wed
 handful fresh parsley Wed
 1/2 green chilli Tue
 1/2 head broccoli Thu
 1/2 large potato (floury) Thu
 2 lemons Tue, Wed, Thu
 1 lime Mon
 1 onion Sat
 6-8 stalks purple sprouting broccoli
 (or Tendestem if easier to find) Fri
 2 red chillis Tue, Fri
 3 red onions Tue, Fri, Sun
 2 red peppers Sat, Sun
 4 spring onions Mon
 1 tomato Mon

Tins & Dried Goods

3 x 400g tins black beans Mon, Sun
 400 g chickpeas Sat
 400 g tin chopped tomatoes Sun
 200 ml tin coconut milk Tue
 2 tbsp gram flour Sat
 handful hazelnuts Fri
 12-14 slices jalapeños (from a jar) Mon
 250 g microwave brown basmati rice
 Tue
 250 g microwave long grain rice Sun

200 ml Passata with Garlic Fri
 250 g pasta Thu
 2 tbsp pine nuts Wed
 100 g red lentils Tue
 6 sun-dried tomatoes Fri
 2 tbsp tahini Mon
 3 tbsp walnut oil Wed
 40 g walnut pieces Thu
 500 g wholemeal Bread Mix Fri
 150 g wholewheat giant cous cous
 Wed

Bakery

175 g breadcrumbs (crumbs from 4
 slices of bread) Mon
 2 burger buns Mon

Chiller Cabinet

125 ml dairy-free cream (soya or oat)
 Sat

Freezer

100 g frozen peas Wed, Sat
 oven chips (or if you prefer, buy a few
 extra potatoes to make potato
 wedges) Mon, Sat



RECIPE LINKS

Mon Exotic Mushroom & Cashew Sweet Chilli Noodles

Tue Broad Bean, Fennel & Baby Carrot Pilaff

Wed Chestnut Mushroom Bourguignon

Thu Veggie Sausage Sun-Dried Tomato One Pot Pasta

Fri Speedy & Spicy Chilli Bean Burritos

Sat Roasted Squash & Creamy Pesto Lasagne

BATCH
COOK

Sun Veggie Shepherds Pie Jacket Potatoes with peas

NOTES

- On **Wednesday** you will need to make some mashed potato to serve with the bourguignon. Peel, quarter and boil the potatoes whilst the bourguignon is cooking, then mash with dairy-free margarine and milk, and a little wholegrain mustard or nutritional yeast.
- **Saturday's** lasagne is another batch-cook, you should be able to make 6 extra portions to freeze individually in foil trays. If you don't have the freezer space, just reduce the amount of ingredients for Saturday on your list.



SHOPPING LIST

Check that you have all the storecupboard ingredients & spices listed on page 2

Fruit & Veg

1 avocado Fri
200 g baby carrots (eg Chantenay) Tue, Wed
80 g baby spinach Thu, Fri, Sat
4 baking potatoes Wed, Sun
2 large butternut squash (about 3kg) Sat
100 g button mushrooms Wed
1 small carrot (or two baby carrots from above) Sun
1 small stick celery Sun
1 kg cherry tomatoes Thu, Fri, Sat
325 g chestnut mushrooms Wed, Sun
1 courgette Sat
1 fennel bulb Tue
handful fresh parsley Tue, Wed
1 lemon Tue
200 g mixed 'exotic' mushrooms (or oyster and shiitake) Mon
4 onions Tue, Thu, Sat, Sun
1 small parsnip Sun
2 shallots (or 1 small onion) Wed
4 spring onions Mon

Tins & Dried Goods

200 g basmati rice (dried) Tue
3 tbsp cashew nuts Mon
3 tbsp dairy-free pesto Sat
jalapeños in brine (optional) Fri
300 g lasagne sheets (check they are egg-free) Sat
200 g pasta shells Thu
8 tbsp pine nuts Sat
250 g pouch microwave Mexican spiced rice Fri

75 g puy lentils Sun
215 g tin spicy refried beans Fri
4 sun-dried tomatoes Thu
3 tbsp sweet chilli sauce Mon
40 g walnuts Tue
150 g (3 nests) wholewheat noodles (check they are egg-free) Mon

Alcohol

265 ml red wine Wed, Sun

Bakery

100 g breadcrumbs Sat
4 tortilla wraps Fri

Chiller Cabinet

50 ml dairy-free cream (oat or soya) Thu
1 litre dairy-free milk (nut, oat or soya) Sat
2 vegan sausages Thu

Freezer

200 g broad beans (fresh or frozen) Tue
frozen peas Sun



RECIPE LINKS

Click on each day's dish below for a link to the recipe

Mon Pappardelle with Cavolo Nero & Walnut Sauce

Tue Quick & Easy Tomato & Herb Gigantes Beans

Wed Spicy Sesame & Edamame Noodles with Black Bean Tenderstem

Thu Lemony Sweet Potato Tagine

Fri Wild Mushroom & Sherry Risotto

Sat Vegan Moussaka BATCH
COOK

Sun Linguine with Red Wine, Olive & Pinto Bolognese

NOTES

- This is a bit of a boozy week, with red wine in the moussaka and bolognese over the weekend, and sherry in Friday's risotto. But if you prefer to leave these out, just replace all with the same amount of vegetable stock instead.
- If you can't get hold of cavolo nero for Monday's pasta dish, curly kale would work just as well.



SHOPPING LIST

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Fruit & Veg

2 aubergines Sat
handful baby spinach Tue
1 carrot Tue, Sat, Sun
200 g cavolo nero Mon
1 celery stick Sun
400 g tin chopped tomatoes Tue
1 courgette Sat
handful fresh coriander Wed, Thu
8-10 fresh mint leaves Tue
2 tbsp fresh parsley Mon, Tue, Fri
1/2 lemon (juice) Thu
1 lime (juice) Wed
250 g mushrooms (or chestnut and wild mushrooms) Fri
3 onions Tue, Sat, Sun
1 head Pak Choi Wed
2 large potatoes Sat
2 red chillis Wed, Thu
1 small red onion Thu
6 shallots Wed, Fri
1 sweet potato Thu
150 g Tenderstem broccoli Wed
100 g vegetable 'noodles' (eg courgette spaghetti or butternut noodles) Wed

Tins & Dried Goods

1 packet Black Bean Sauce Wed
6 black olives Sun
400 g tin butterbeans Tue
150 g cous cous Thu
25 g dried apricots Thu
15 g dried mushrooms (eg. porcini) Fri
400 g tin lentils (green or brown) Sat
200 g linguine Sun

250 g Pappardelle pasta (or use half the packet of linguine for Sunday if you prefer) Mon
125 ml passata Sun
1 tbsp pine nuts Thu
200 g tin pinto beans (or borlotti beans) Sun
1 tbsp pitted olives Thu
60 g plain flour Sat
1 preserved lemon Thu
200 g risotto rice Fri
2 tbsp sesame oil Wed
3 tbsp sesame seeds Wed
150 g tin chickpeas Thu
150 g walnut pieces Mon
100 g Wholewheat Noodles Wed

Alcohol

100 ml dry sherry (or white wine) Fri
275 ml red wine Sat, Sun

Bakery

crusty bread (eg. ciabatta) (use a slice to make breadcrumbs for Monday) Mon, Tue

Chiller Cabinet

650 ml dairy-free milk (I usually use oat or soya) Mon, Sat
100g vegan parmesan-style cheese (optional) Mon, Fri, Sat

Freezer

100 g edamame beans (fresh or frozen - or use peas if you can't find any) Wed