Vegetarian Budget family meal plan
shopping list

Fridge
100ml milk
2 tbsp ghee or cooking oil
450g paneer
2 tbsp hummus
5 tbsp crème fraîche, dairy-free
50g vegetarian hard cheese (optional)

Freezer
350g frozen vegetarian mince
400g frozen peas
500g frozen spinach, or fresh

Vegetables, fruit & fresh herbs
3 white onions
3 red onions
3 spring onions
2 leeks
2 thumb-sized pieces of ginger
3 green chillies
1 head of garlic
1kg carrots
2 celery sticks
1 lemon
1 lime
160g mangetout
70g baby corn
2 baby pak choi
1 aubergine
80g watercress
1 avocado
1 red pepper
1 yellow pepper
large + small bunch of coriander
small bunch of basil
small bunch of mint
small bunch of parsley

Storecupboard
300g basmati rice
60g cashews
300g ready-to-cook udon noodles
3 good quality vegetable stock cubes
600g cooked spaghetti or other pasta shape (about 250g dried)
400g can black beans
4 large or 8-12 small flour tortillas
2 flatbreads
crusty bread (optional)
1 tbsp pickled sushi ginger (optional)

You may already have these:
Dried spices
2 tsp coriander seeds
4 cardamom pods
½ cinnamon stick
4 tsp garam masala
½ tbsp mild curry powder, or use 1 tsp garam masala
1 bay leaf
1 tsp turmeric
1½ tsp chilli powder
½ tsp smoked paprika
½ tsp ground cumin

Oils & sauces
6 tbsp rapeseed oil or olive oil
1½ tbsp sesame oil
4 tsp low-salt soy sauce
500ml passata
2 tbsp harissa paste
2 tbsp red-wine vinegar