



# The Complete \$30/Week Vegan Meal Prep Toolkit

## Printable Downloads – Ready to Print, Cut, and Conquer Your Kitchen

Welcome to your new money-saving, sanity-preserving system. Below you'll find **five ready-to-use printables** that transform chaotic grocery trips and exhausting meal prep into a smooth, automated routine.

### ✦ How to use this page:

- Right-click any table → Save as image, or copy/paste into Word/Google Docs.
- Print on standard letter or A4 paper.
- For labels: print on sticker paper or regular paper + tape.

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## 1. 🛒 THE PERFECT SHOPPING LIST

*Stay under \$30 – organized by store section, with running total calculator.*

### Store Section: PRODUCE

<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Organic Note
<input type="checkbox"/>	Yellow onions	3 lbs	\$2.49	Store brand	Optional
<input type="checkbox"/>	Carrots	2 lbs	\$1.99	Store brand	Optional
<input type="checkbox"/>	Russet potatoes	5 lbs	\$3.49	Store brand	Skip organic



<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Organic Note
<input type="checkbox"/>	Bananas	1 bunch	\$0.69	Any	Skip organic
<input type="checkbox"/>	Frozen spinach (10 oz)	2 bags	\$1.98 ea	Store brand	Frozen = cheaper
<input type="checkbox"/>	Frozen mixed vegetables	1 lb	\$1.49	Store brand	Frozen = cheaper
<input type="checkbox"/>	Lemons	2	\$1.00	Any	Optional

**Produce total:** \_\_\_\_\_

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**Store Section: CANNED & JARRED**

<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Note
<input type="checkbox"/>	Black beans (15 oz)	3 cans	\$0.89 ea	Store brand	No salt added if possible
<input type="checkbox"/>	Chickpeas (15 oz)	2 cans	\$0.89 ea	Store brand	For hummus & bowls
<input type="checkbox"/>	Diced tomatoes (15 oz)	2 cans	\$0.79 ea	Store brand	Fire-roasted optional
<input type="checkbox"/>	Tomato sauce (15 oz)	1 can	\$0.69	Store brand	



<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Note
<input type="checkbox"/>	Coconut milk (13.5 oz)	1 can	\$1.79	Store brand or Thai	Light or regular
<input type="checkbox"/>	Peanut butter (16 oz)	1 jar	\$1.99	Store brand	Check no sugar added

**Canned total:** \_\_\_\_\_

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**Store Section: DRY GOODS & BULK**

<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Note
<input type="checkbox"/>	Rolled oats	42 oz	\$3.49	Store brand	Gluten-free if needed
<input type="checkbox"/>	Long grain brown rice	2 lbs	\$2.29	Store brand	Buy bag, not bulk if same price
<input type="checkbox"/>	Whole wheat pasta	1 lb	\$1.29	Store brand	
<input type="checkbox"/>	Lentils (brown or green)	1 lb	\$1.49	Store brand	
<input type="checkbox"/>	Nutritional yeast	4 oz	\$3.99	Bragg or store brand	Splurge – lasts months



<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Note
<input type="checkbox"/>	Spices: chili powder, cumin, garlic powder, salt, pepper	small packs	\$2.50 total	Store brand / bulk bin	Buy only what you need

**Dry goods total:** \_\_\_\_\_

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**Store Section: REFRIGERATED & FROZEN**

<input checked="" type="checkbox"/>	Item	Qty	Avg Price	Brand Tip	Note
<input type="checkbox"/>	Firm or extra-firm tofu	2 blocks	\$1.79 ea	Store brand	High protein
<input type="checkbox"/>	Plant milk (unsweetened)	1/2 gallon	\$2.49	Store brand	Shelf-stable box okay
<input type="checkbox"/>	Frozen berries	1 lb	\$2.99	Store brand	For oatmeal/smoothies

**Fridge/frozen total:** \_\_\_\_\_

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**GRAND TOTAL CALCULATOR**

Section	Your Total
Produce	\$_____
Canned	\$_____



Section	Your Total
Dry goods	\$_____
Fridge/frozen	\$_____
<b>TOTAL</b>	<b>\$_____</b>

Keep this under \$30 – if you go over, swap fresh herbs for dried, or skip the berries.

## 2. 🕒 2-HOUR PREP TIMELINE POSTER

Minute-by-minute – hang on your fridge or cabinet.

TIME	PREP TASK	COOK TASK	ASSEMBLY/COOL
<b>0:00– 0:10</b>	<ul style="list-style-type: none"><li>• Preheat oven to 400°F</li><li>• Fill &amp; start rice cooker or pot of water for rice</li></ul>	<ul style="list-style-type: none"><li>• Start rice (40 min cook)</li></ul>	<ul style="list-style-type: none"><li>• Clear counters, set up stations</li></ul>
<b>0:10– 0:20</b>	<ul style="list-style-type: none"><li>• Chop onions (all)</li><li>• Chop carrots (all)</li></ul>	<ul style="list-style-type: none"><li>• Start lentils in pot (25 min)</li></ul>	<ul style="list-style-type: none"><li>• Line baking sheet with parchment</li></ul>
<b>0:20– 0:30</b>	<ul style="list-style-type: none"><li>• Cube potatoes</li><li>• Press tofu (wrap in towel, put heavy pan on top)</li></ul>	<ul style="list-style-type: none"><li>• Put potatoes on baking sheet, oil/salt, into oven (30 min)</li></ul>	<ul style="list-style-type: none"><li>• Start water for pasta (if using)</li></ul>
<b>0:30– 0:40</b>	<ul style="list-style-type: none"><li>• Drain &amp; rinse canned beans</li><li>• Mince garlic</li></ul>	<ul style="list-style-type: none"><li>• Sauté 1/3 onions + garlic for sauce base</li></ul>	<ul style="list-style-type: none"><li>• Prep containers (lay out lids)</li></ul>



TIME



PREP TASK



COOK TASK



ASSEMBLY/COOL

0:40– 0:50	<ul style="list-style-type: none"><li>• Crumble tofu into bowl, add soy sauce &amp; nutritional yeast</li></ul>	<ul style="list-style-type: none"><li>• Bake tofu crumbles on second sheet (25 min)</li></ul>	<ul style="list-style-type: none"><li>• Rice is done – fluff, spread to cool</li></ul>
0:50– 1:00	<ul style="list-style-type: none"><li>• Slice remaining tofu for stir-fry</li></ul>	<ul style="list-style-type: none"><li>• Make peanut sauce or tomato sauce</li></ul>	<ul style="list-style-type: none"><li>• Lentils done – drain, spread</li></ul>
1:00– 1:20	<ul style="list-style-type: none"><li>• Portion oats into jars (5 jars, 1/2 cup each)</li></ul>	<ul style="list-style-type: none"><li>• Cook pasta (if using)</li></ul>	<ul style="list-style-type: none"><li>• Assemble grain bowls in containers</li></ul>
1:20– 1:40	<ul style="list-style-type: none"><li>• Wash berries, portion</li></ul>	<ul style="list-style-type: none"><li>• Sauté veggies with tofu</li></ul>	<ul style="list-style-type: none"><li>• Cool all food to room temp</li></ul>
1:40– 2:00	<ul style="list-style-type: none"><li>• Wipe counters, load dishwasher</li></ul>	<ul style="list-style-type: none"><li>• Final stirring, seasoning</li></ul>	<ul style="list-style-type: none"><li>• <b>LABEL &amp; REFRIGERATE</b></li></ul>

#### EFFICIENCY TIPS (margins):

- ▶ Don't wash the food processor between hummus and dressing – just wipe.
- ▶ Use the same cutting board for veggies → tofu → herbs (clean once).
- ▶ Multi-task: while rice cooks, prep everything else.
- ▶ Set a timer for the oven – don't rely on memory.

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### 3. 📄 CONTAINER LABELING TEMPLATES

*Print on sticker paper or cardstock, cut, and tape.*

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#### BREAKFAST LABELS (1.5" x 2")

text





| OATMEAL BASE |

| Prep: 02/12 |

| Eat by: 02/16 |

| Reheat: +splash |

| milk, 90 sec |

| Top: berries |

|

text

|

| TOFU SCRAMBLE |

| Prep: 02/12 |

| Eat by: 02/15 |

| Reheat: 60 sec |

| Add hot sauce |

|

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 **LUNCH LABELS (2" x 3")**

text

|

| GRAIN BOWL |

| Rice + lentils |

| Roasted veggies |

| Prep: 02/12 |

| Eat by: 02/17 |

| Reheat: 2 min |

| Top: lemon juice |



\_\_\_\_\_

text

\_\_\_\_\_

| PASTA PRIMAVERA |

| Prep: 02/12 |

| Eat by: 02/16 |

| Reheat: +splash |

| water, 90 sec |

| Top: nooch |

\_\_\_\_\_

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 **DINNER LABELS (2" x 3")**

text

\_\_\_\_\_

| BLACK BEAN CHILI |

| Prep: 02/12 |

| Eat by: 02/19 |

| Freeze: 03/12 |

| Reheat: 2:30 min |

| Top: avocado |

\_\_\_\_\_

text

\_\_\_\_\_

| COCONUT LENTILS |

| Prep: 02/12 |

| Eat by: 02/18 |



| Freeze: 03/12 |

| Reheat: 2 min |

| Serve with rice |

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 **FREEZER LABELS (1" x 1.5")**

text

\_\_\_\_\_

| CHILI |

| FEB 12 |

| USE BY |

| MAR 12 |

\_\_\_\_\_

text

\_\_\_\_\_

| SOUP |

| FEB 12 |

| USE BY |

| MAR 12 |

\_\_\_\_\_

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 **DATE LABELS (1" x 0.5")**

text

\_\_\_\_\_

| 2/12 |

\_\_\_\_\_



text

[

| EAT |

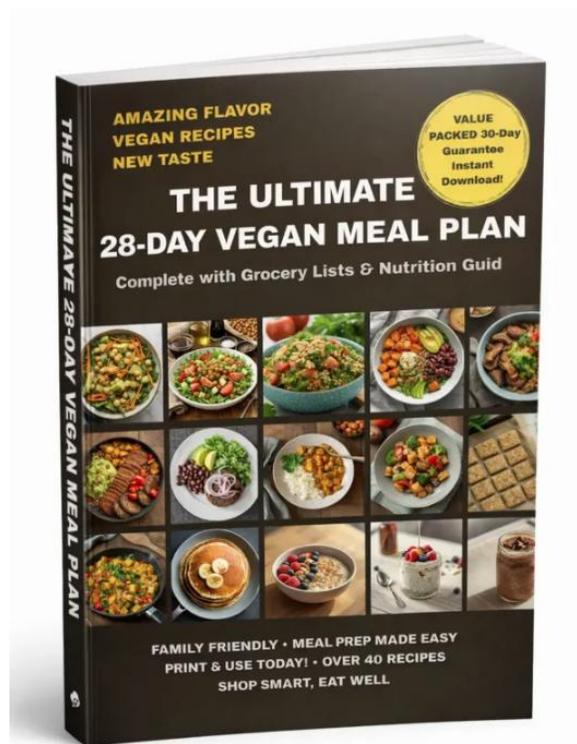
| BY |

| 2/16 |

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P.S. Want to save hours on meal planning? I prepped a whole month of vegan meals, complete with a grocery list and nutrition info. [Grab the ultimate plan here.](#)



Tired of decision fatigue?

✦ Get our [\\*4-Week Easy Vegan Meal Plan Ebook\\*](#), the natural next step after this first week vegan day by day guide! ✦



#### 4. 🇺🇸 MONTH-LONG PRICE TRACKER

*Track 20 staples across 4 local stores – find the cheapest source.*

<b>Staple Item</b>	<b>Unit</b>	<b>Store A</b>	<b>Store B</b>	<b>Store C</b>	<b>Store D</b>	<b>Lowest Price</b>
Rolled oats	42 oz					
Brown rice	2 lb					
Whole wheat pasta	1 lb					
Lentils	1 lb					
Black beans (canned)	15 oz					
Chickpeas (canned)	15 oz					
Diced tomatoes	15 oz					
Tomato sauce	15 oz					
Peanut butter	16 oz					
Firm tofu	14 oz					
Plant milk	64 oz					
Frozen spinach	10 oz					



<b>Staple Item</b>	<b>Unit</b>	<b>Store A</b>	<b>Store B</b>	<b>Store C</b>	<b>Store D</b>	<b>Lowest Price</b>
Frozen mixed veg	1 lb					
Frozen berries	1 lb					
Bananas	lb					
Onions	3 lb					
Carrots	2 lb					
Potatoes	5 lb					
Nutritional yeast	4 oz					
Coconut milk	13.5 oz					

**Instructions:**

1. Visit 4 local grocery stores (or check apps/flyers).
2. Write the price for each item in the corresponding column.
3. At the end of the month, circle the lowest price in each row.
4. Next month, shop primarily at the store with the most lowest prices – or price-match.

**Seasonal Pattern Notes:**

- Canned tomatoes & beans: often on sale in September (end-of-summer harvest).
  - Oats & baking items: discounts in January (health kick season).
  - Frozen fruit: best prices in July–August (peak berry season).
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## 5. 🍽️ MEAL MATRIX VISUAL GUIDE

20 meals from 10 base ingredients – color-coded by prep time.

BASE INGREDIENT	🕒 BREAKFAST	🍲 LUNCH	🍽️ DINNER
<b>Rolled oats</b>	<p>● <b>Oatmeal</b> + berries, pb 5 min</p>	<p>● <b>Savory oats</b> + spinach, egg (tofu) 10 min</p>	<p>● <b>Oat risotto</b> + mushrooms, thyme 25 min</p>
<b>Brown rice</b>	<p>● <b>Rice pudding</b> + coconut milk, cinnamon 15 min</p>	<p>● <b>Grain bowl</b> + beans, veggies, sauce 5 min</p>	<p>● <b>Fried rice</b> + tofu, peas, carrots 15 min</p>
<b>Lentils</b>	<p>● <b>Lentil breakfast hash</b> + potatoes, onions 20 min</p>	<p>● <b>Lentil salad</b> + lemon, herbs 5 min</p>	<p>● <b>Dal / Curry</b> + coconut milk, spinach 25 min</p>
<b>Black beans</b>	<p>● <b>Breakfast burrito</b> + tortilla, salsa 5 min</p>	<p>● <b>Black bean soup</b> + cumin, lime 15 min</p>	<p>● <b>Taco bowls</b> + rice, corn, avocado 10 min</p>
<b>Chickpeas</b>	<p>● <b>Tofu-ish scramble</b> + chickpeas, spinach 8 min</p>	<p>● <b>Hummus wrap</b> + veggies, lettuce 10 min</p>	<p>● <b>Chickpea curry</b> + tomatoes, spinach 15 min</p>
<b>Pasta</b>	–	<p>● <b>Cold pasta salad</b> + beans, Italian</p>	<p>● <b>Pasta e ceci</b> + chickpeas, rosemary 20 min</p>

**BASE  
INGREDIENT**

 **BREAKFAST**

 **LUNCH**

 **DINNER**

		dressing <i>10 min</i>	
<b>Potatoes</b>	<p> <b>Home fries</b> + onions, peppers <i>15 min</i></p>	<p> <b>Potato salad</b> + mustard, pickles <i>10 min</i></p>	<p> <b>Loaded baked potatoes</b> + chili, green onions <i>30 min</i></p>
<b>Tofu</b>	<p> <b>Scrambled tofu</b> + nooch, turmeric <i>8 min</i></p>	<p> <b>Tofu salad sandwich</b> + vegan mayo, celery <i>10 min</i></p>	<p> <b>Baked tofu</b> + soy sauce, sesame <i>25 min</i></p>
<b>Frozen veggies</b>	<p> <b>Smoothie</b> + spinach, berries <i>3 min</i></p>	<p> <b>Veggie stir-fry</b> + tofu, soy sauce <i>15 min</i></p>	<p> <b>Mixed veg soup</b> + beans, broth <i>20 min</i></p>
<b>Bananas</b>	<p> <b>Smoothie</b> + oats, pb <i>3 min</i></p>	<p> <b>Banana sandwich</b> + peanut butter <i>2 min</i></p>	<p> <b>Banana oat pancakes</b> <i>25 min</i></p>

**Color Key:**

-  = 0–10 min prep
-  = 11–20 min prep
-  = 21–30 min prep

**How to Use the Meal Matrix:**

- Pick **one base** from the left column.



- Choose a **meal type** (breakfast, lunch, dinner).
  - See the **prep time** instantly.
  - Combine leftovers – Tuesday’s chili becomes Thursday’s baked potato topping.
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### **You’re Ready!**

Print these five pages, slip them into sheet protectors, and keep them in your kitchen binder. In one month, you’ll have saved at least \$80 and countless hours of “what’s for dinner?” stress.

### **Share the savings!**

Tag a friend who needs to break the takeout habit.

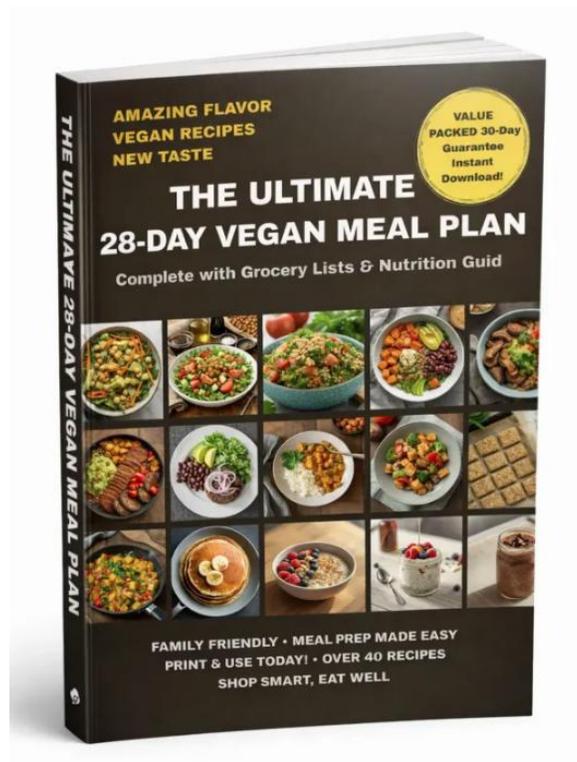
 **Pin this post to save these printables forever.** 

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*Happy prepping – your wallet and future self thank you. *



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