



Bree's VEGAN WEEKLY MENU

SUNDAY

BREAKFAST Stovetop avocado toast: 2 slices Food for Life gluten free/vegan sliced bread, coconut oil, 1 avocado (1/2 for each slice of bread), black pepper, crushed red pepper, hummus or vegan mayo, crushed pine nuts or vegan cheese
Orange juice

LUNCH PB & J, Hippeas organic vegan white cheddar chickpea puffs, apple slices, vegan forager yogurt (lemon is Bree's favorite)

DINNER Chili: 2 bags Beyond meat crumbles, 1 can black beans, Tomato sauce

SNACKS Coconut & banana cookies: mash 1 banana with $\frac{3}{4}$ cup shredded coconut & vanilla extract or maple syrup to taste. Bake 350 for 25 minutes or until golden brown. Sprinkle cinnamon on top

MONDAY

BREAKFAST Smoothie: 1 frozen banana, oat milk, cinnamon,, peanut butter

LUNCH Salad: spinach bed with 2 fruits & 3 vegetables, Italian dressing, vinaigrette with almonds. Half sandwich with vegan cheese slice and just mayo

DINNER Beyond Meat Burgers and waffle fries

SNACKS Chia seed pudding: 2c. coconut milk, 1/2c. chia seeds, 1/2tsp vanilla extract, 1/4c maple syrup. Let chill 24 hours, stir, serve (with cinnamon powder if desired)

Strawberries

Baby Carrots

TUESDAY

BREAKFAST Love Grown cereal w/ coconut milk

Food for Life gluten free/vegan sliced bread with nut butter and jam

Pineapple Juice

LUNCH Veggie/Hummus sandwich with lots of veggies

DINNER Daiya "Cheese" Pizza with side salad.

SNACKS Hummus/pita chips

WEDNESDAY

BREAKFAST Bagel with Kite Hill Cream Almond Milk Cheese

LUNCH Beans and rice wrap and apple

DINNER Tacos: saute 'meat' crumbles, taco seasoning with onions, lettuce, tomatoes, peppers. Chips with salsa

SNACKS Dried fruit snack pack (mangos, strawberries, cranberries)

Trail mix or mixed nuts

Camille Licata's Kids for Positive Change ®

Kids for Positive Change © 2018

www.kidsforpositivechange.com * www.breeandmerooster.com



THURSDAY

BREAKFAST Oatmeal w/ almonds, cinnamon powder, maple syrup
Coconut milk and Cranberry Juice

LUNCH Peanut butter and banana wrap, pita chips, snickerdoodle cookie

DINNER Spaghetti and sauce with Kite Hill Ricotta almond milk cheese
Garlic bread (Earth Balance butter, garlic powder, oregano)

SNACKS Apple slices w/ nut butter

FRIDAY

BREAKFAST Coco Love Grown Cereal with banana

LUNCH Lettuce Wraps with fresh hummus, tomato and nuts

DINNER Daiya Vegan pizza & salad

SNACKS Ants on a Log: Celery sticks with PB and raisins
Applesauce w/ cinnamon

SATURDAY

BREAKFAST Vegg Power Scramble, Vegan Sausage and fruit

LUNCH Gardien meatless crispy tenders

DINNER Veggie Stir fry with quinoa, tofu or tempeh

SNACKS Vegan Halo or Ben & Jerry's ice cream!

Tried and True Brands:

- Kite Hill (almond milk cheeses) Just Mayo (condiment)
- Beyond Meat Burgers Halo Vegan Ice Cream
- Gardien (frozen prepared vegan foods)
- Forager Cashew and Coconut Milk yogurts
- Food for Life Gluten Free Vegan sliced bread
- Daiya Vegan Pizza

GREAT COOKBOOK:

But I Could Never Go Vegan by Kristy Turner

https://www.amazon.com/But-Could-Never-Go-Vegan/dp/1615192107/ref=sr_1_7?ie=UTF8&qid=1537826731&sr=8-7&keywords=vegan+cookbooks+for+beginners

Vegan Slow Cooker for Beginners

https://www.amazon.com/Vegan-Slow-Cooker-Beginners-Essentials/dp/1623152445/ref=sr_1_8?ie=UTF8&qid=1537826731&sr=8-8&keywords=vegan+cookbooks+for+beginners

GREAT WEBSITES for VEGAN RECIPES:

<https://casanctuary.org/recipes/>

<https://minimalistbaker.com>

Camille Licate's Kids for Positive Change ®

Kids for Positive Change © 2018

www.kidsforpositivechange.com * www.breeandmerooster.com