

VeryVegeticious Sample Menus

BASIC Meal Plan

<u>Breakfast/Brunch</u>	<u>Side Dish/Appetizer</u>	<u>Dinner</u>	<u>Dessert</u>
Homemade oatmeal with vanilla and applesauce	Red potato salad	Thai-inspired stir fry with fried tofu, coconut milk, wasabi, ginger and sea-vegetables over rice noodles	Fresh apricot crisp
Classic New York-style bagel sandwich (cream cheese mixed with dill, topped with onion and capers)	Sliced veggie hot dogs baked inside Pillsbury crescent rolls	Bean enchiladas topped with sour “cream” and served with a side of Mexican rice, guacamole & chips	“Grasshopper” pie (vanilla coconut or soy ice cream mixed with mint liqueur)
Baked granola topped with blueberries and soy yogurt	Latkes: potato pancakes) a traditional Jewish dish served with apple sauce or sour cream	Wild Mushroom Stroganoff	Chocolate & rum upside-down pudding cake
“VeryVegeticious” breakfast sandwich (inspired by McDonald’s “McMuffin.”)	Garlic mashed potatoes with mushroom gravy	Macaroni skillet dinner	Pumpkin pie cheesecake with graham cracker crust
Banana Walnut breakfast salad	Bruschetta	Eggplant Stew over Rice or Quinoa	Fresh fruit compote
Veggie sausage hash	Sweet and sour meatballs	Mac & cheese	
Fruit smoothie	Black bean soup	“Chicken” Marsala (made with Gardein™ brand vegan chicken)	Nutty fudge balls

Quinoa with raisins, brown sugar, and a splash of non-dairy milk	Chinese-style broccoli	Rice & Bean Casserole	Chocolate berry cookie bars
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GOURMET Meal Plan

<u>Breakfast/Brunch</u>	<u>Side Dish/Appetizer</u>	<u>Dinner</u>	<u>Dessert</u>
Waffles with your choice of homemade strawberry preserve topping; margarine/powdered sugar; or maple syrup; veggie sausage or bacon	Creamy Spinach dip served with melba rye crackers or raw veggies	Veggie pot pie with homemade crust	Chocolate peanut butter cream pie
Scrambled tofu & veggies with a side of hash browns, veggie sausage or bacon, and toast	Vegan nachos	Veggie Paella	Tiramisu cupcakes
French toast with either maple syrup or powdered sugar/margarine; side of soy sausage or bacon	Savory cheese spread with crackers	Savory *seitan stew with potatoes and veggies	Southern pecan pie
Spinach/mushroom pie with homemade crust	Fresh Shitake Pate served with warm bread, crackers, or chips	Cashew Cream and veggie lasagna with garlic bread	Vegan dark chocolate ganache cake
Blueberry/banana pancakes with your choice of homemade strawberry preserve topping; margarine/powdered sugar; or maple syrup; veggie sausage or bacon	Greens with figs, pine nuts, and garlic	Szechuan veggie chicken: chunks of Gardein brand "chicken" with peanut butter sauce over rice or pasta	Chocolate chip cookies (with or without oatmeal)
Omelet	Potatoes "au gratin"	"Beef" Wellington	Sugar cookies

		baked in a flaky crust with Madeira sauce	
Crepes (with or without filling)	White bean salad with peas, leeks and walnuts	Indonesian curried vegetable stew with coconut milk	“Ho Ho” cake

***Seitan** is a fancy (Japanese) term for wheat protein or wheat gluten. It’s essentially a very high-protein meat substitute, based on wheat, with the starches washed out and the protein remaining. Seitan is fat-free, and takes on the flavor of whatever it’s cooked with. It’s best in marinades and stews and traditional “beef”-like dishes.

The **“Basic”** meal plan selections generally involve fewer, less expensive ingredients, and the meals take less time to prepare. The **“Gourmet”** selections involve more ingredients and are a bit more time-consuming to prepare.

NOTE: I don’t use ANY meat, fish, poultry, or animal products of any kind in any of my recipes. They are completely vegan. If I refer to “chicken,” “cheese,” “milk” or “ice cream,” these are VEGAN versions, typically based on soy and/or wheat protein, or grains; the milks, yogurts, butter, cheeses, sour cream, and ice creams are made with coconut, almond, rice, or soy milks.

About Breakfasts

Other simple, quick vegan breakfasts include cold cereal (many are vegan... simply read the ingredients) with fruit and non-dairy milk; my favorite is “Almond Breeze”; toast, an English muffin, or a bagel with various nut butters——such as cashew and almond butter—— as a different, more interesting alternative to peanut butter; or simply a fried veggie sausage patty or two (try Yves Brand) on toast or an English muffin.

Why I don’t offer lunch selections

I don’t include lunches in the cooking lessons because most people eat sandwiches for lunch, and I believe even the most challenged cook can learn to prepare a sandwich. However, I do provide sandwich suggestions within your information packet; these include ingredients and preparation instructions. Of course, your lunch can also consist of leftover dinner items or frozen microwavable dinners and other convenience foods, which I will point out to you during our shopping trips.