

## VeryVegeticious Sample Menus

### **BASIC Meal Plan**

<u>Breakfast/Brunch</u>	<u>Vegetable</u>	<u>Side Dish/Appetizer</u>	<u>Dinner</u>	<u>Dessert</u>
Homemade oatmeal with vanilla and applesauce	Kale or collard greens with figs, pine nuts, and garlic	Red potato salad	Szechuan-inspired vegan “chicken” with peanut butter sauce over rice or pasta (or your choice of grain)	No bake summer fruit cobbler with vegan whipped cream
Classic New York-style bagel sandwich (cream cheese mixed with dill, topped with onion and capers)	Chinese-style broccoli	Quinoa with onions, garlic, and herbs	Bean enchiladas baked with vegan “cheese” & topped with sour “cream” & served with side of Mexican rice, guacamole & chips	“Grasshopper” pie (vanilla coconut or soy ice cream mixed with mint liqueur)
Tofu “scramble” with veggies	Broccoli with Garlic “Butter” and Cashews	Latkes: potato pancakes) a traditional Jewish dish served with apple sauce or sour cream	Lentil & spinach stew	Chocolate & rum upside-down pudding cake
“VeryVegeticious” breakfast sandwich (inspired by McDonald’s “McMuffin.”)	Roasted Brussels sprouts	Garlic mashed potatoes with mushroom gravy	Macaroni skillet dinner	Pumpkin pie cheesecake with graham cracker crust
Banana Walnut breakfast salad	Maple dill carrots	Bruschetta	Eggplant Stew over Rice or Quinoa	Fresh fruit compote
Veggie sausage hash	Oven-roasted asparagus		Mac & cheese	Nutty fudge balls
Fruit smoothie	Sautéed zucchini	Black bean soup	“Chicken” Marsala	Chocolate berry cookie bars
Quinoa with	“Great” green		Rice & Bean	“Death” by

raisins, brown sugar, and a splash of non-dairy milk	salad		Casserole	Chocolate pie
	White bean salad with peas, leeks and walnuts		African spinach stew	
	Simple avocado salad	“Chorizo” & white bean stew	Baked risotto casserole	
		Butternut squash soup	Hearty Veggie Soup with Grains, Bean, and Greens	

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### **GOURMET Meal Plan**

<u>Breakfast/Brunch</u>	<u>Vegetable</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	Kale or collard greens with figs, pine nuts, and garlic	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	Chinese-style broccoli	Vegan nachos	Veggie Paella	Tiramisu cupcakes
French toast with either maple syrup or powdered sugar/margarine; side of soy sausage or bacon	Broccoli with Garlic “Butter” and Cashews	Savory cheese spread with crackers	Savory *seitan stew with potatoes and veggies	Southern pecan pie
Spinach/mushroom pie with homemade crust	Roasted Brussels sprouts	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	Maple dill carrots	<b>Sweet &amp; sour</b>	Thai-inspired stir fry with	Chocolate chip cookies (with

choice of homemade strawberry preserve topping; margarine/powdered sugar; or maple syrup; veggie sausage or bacon		meatballs	fried tofu, coconut milk, wasabi, ginger and sea-vegetables over rice noodles	or without oatmeal)
Omelet	Oven-roasted asparagus	Potatoes “au gratin”	“Beef” Wellington baked in a flaky crust with Madeira sauce	Sugar cookies
Crepes (with or without filling)	Sautéed zucchini		Indonesian curried vegetable stew with coconut milk	“Ho Ho” cake
	“Great” green salad	Mediterranean olive bread	Wild mushroom seitan stroganoff	
	White bean salad with peas, leeks and walnuts	Summer gazpacho soup	Savory spinach mushroom pie	
	Simple avocado salad			

**\*Seitan** is a 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 **soy-free**, 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; everything is completely vegan. If I refer to “chicken,” “cheese,” “milk” or “ice cream,” these are VEGAN versions, typically based on soy, grain, or wheat protein; 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 milk is “Almond Breeze”; toast, an English muffin, or a bagel with various nut butters——not just peanut butter but cashew, almond, and even macadamia butter as well— as an interesting, exotic 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.