

MENU & SHOPPING LIST

<https://www.avantgardevegan.com/>

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

BREAKFAST

Banana Nut -Steel Cut Oatmeal
Apple Pie -Steel Cut Oatmeal
Southwest Tofu Scramble
Greek Tofu Scramble
Papas Rancheros
Breakfast Burrito
Avocado Toast
Sunshine Toast
Buckwheat Pancakes w/ Berries
Cinnamon "French" Toast
Soy Yogurt w/ Cinnamon Topping

DINNER

Garden Spaghetti w/ Tofu (or chorizo)
Cheesy Lentil Pasta
"Fried" Rice with edamame
Vegetable Stir Fry
Masala and rice
Lazy Bean Burrito
Chili & Potatoes
Grilled Tofu, grains and salad
Black bean Burger & side salad
BBQ Burger w/ corn salad
Hip Shepherd's Pie

LUNCH

"Tuna" Sandwich
Sunshine Sandwich
Smothered BBQ Sandwich
Southwest Quesadilla/ Wrap
Greek Quesadilla/ Wrap
Falafel Pita/ Salad
Portobello Tacos
Easy Bean Tacos/ Nachos
Quinoa Chili
No Chicken Noodle Soup
Mixed Salad (Lots of choices*)

SNACKS/ DESSERTS

Hummus w/ whole grain & vegetables
3 Bean Salad w/ Whole Grain Crackers
Spicy Edamame & Fruit Salad
Vegetables w/ "Guac dip"
Balanced Smoothie (Lots of choices*)
Sprouted Toast w/ Almond Butter
Unsalted Mixed Nuts w/ fruit
Balanced Smoothie (Lots of choices*)
Banana (avocado) Ice Cream
No Bake Cookies
Overnight oats
Chia Pudding (chocolate, banana, berry)

Sunday

Banana Nut - Oatmeal

"Tuna" Sandwich w/ fruit

Garden Spaghetti w/ Tofu (or chorizo)

Monday

Breakfast Burrito w/ fruit

Greek Quesadilla/ Wrap w/ vegetable sticks

Garden Spaghetti w/ Tofu (or chorizo)

Tuesday

Banana Nut - Oatmeal

"Tuna" Sandwich w/ fruit

Chili & Sweet potato

Wednesday

Breakfast Burrito w/ fruit

Mixed Salad w/ whole grain toast/ crackers

Chili & Sweet potato

Thursday

Banana Nut - Oatmeal

Greek Quesadilla/ Wrap w/ vegetable sticks

Vegetable Stir Fry

Friday

Southwest Tofu Scramble w/ avocado toast

Mixed Salad w/ whole grain toast/ crackers

Chef Choice

Saturday

Southwest Tofu Scramble (leftover) w/ avocado toast

Chef Choice

Vegetable Stir Fry

Shopping List (Food Staples)

Item	Qty	Location
<input type="checkbox"/> Apple Cider Vinegar	1 @ 16 oz	
<input type="checkbox"/> Turmeric, Cinnamon, Cumin, Cayenne, Ginger	1 each	
<input type="checkbox"/> Liquid aminos (or low sodium soy sauce)	1@ 16oz	
<input type="checkbox"/> Old Fashion Oats, Quinoa	1@ 32oz	
<input type="checkbox"/> Plant Protein Powder (no sugar/ sweetener, stevia ok)	1 cont	
<input type="checkbox"/> Whole grain tortillas (Ezekiel is best)	1	
<input type="checkbox"/> Whole Grain Bread (Sprouted is best)	1	
<input type="checkbox"/> Brown Rice (can be frozen)	1 pk	
<input type="checkbox"/> Whole wheat pasta/ Lentil pasta	2-4 pk	
<input type="checkbox"/> Whole Grain Crackers (Mary's/ Seeded)	2 box	
<input type="checkbox"/> Almonds, Walnuts, Cashews (raw, not mixed)	1 8-16oz each	
<input type="checkbox"/> Chia Seed, Ground flax seed, Sesame seed	1 pk each	
<input type="checkbox"/> Almond Butter (or other nut)	1	

Fruits: Banana, berries/ cherries, clementine, avocado, lemon

Shopping List

Item	Qty	Location
<input type="checkbox"/> Hummus	1-2	
<input type="checkbox"/> Olive Oil/ Spray	1 each	
<input type="checkbox"/> Tomato sauce & Paste (low/ no sugar)	2-3 each	
<input type="checkbox"/> Nutritional Yeast	1 bag	
<input type="checkbox"/> Vegetable broth/ bouillon (low sodium)	2-3 each	box
<input type="checkbox"/> Tofu (Extra Firm & Soft)	2 each	pk
<input type="checkbox"/> Soy Chorizo	1	pk
<input type="checkbox"/> Unsweet Soymilk (best choice, almond milk ok)	1-2	32oz
<input type="checkbox"/> Teas of choice (green, mint, fruity, herbal, etc.)		
<input type="checkbox"/> Frozen blueberries	1	pk
<input type="checkbox"/> Frozen Broccoli, Frozen Mixed Vegetables	2 Each	pk
<input type="checkbox"/> Frozen edamame (shelled), Frozen Riced Cauliflower	1-2 each	pk
<input type="checkbox"/> Egg Whites	1	carton

Vegetables: Spinach (or mixed greens) Celery, Cucumber, Sweet Pepper, Sweet Potato, Mushrooms, Onion, Garlic

FAMILY FAVORITE

Breakfast

Lunch

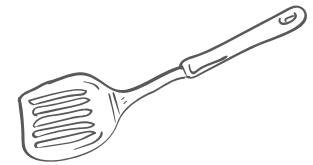
Dinner

Soup

Snack

Misc.

Plant Based Cheat Sheet



Proteins

- Beans: black, pinto, kidney, garbanzo
- Legumes: lentils, peanuts, split pea, edamame/soy
- Grains: quinoa, buckwheat, sprouted wheat
- Nuts: almonds, walnuts, cashews, Brazil, pistachio
- Seeds: flax, chia, sesame, pumpkin
- Misc: Tofu, soy yogurt, plant protein, egg whites

Baking/ Flavor

- Egg replacement: egg white (ok 1-2/ week), "flax egg" = 1TB ground flax, 2TB warm water
- Sour cream = cashews, 2TB lemon, 1TB apple vinegar
- Sweet: Cinnamon, vanilla, monk fruit, stevia, ginger, coconut, applesauce, mashed banana
- Savory: hot sauce/ salsa, turmeric, cumin, pepper/peppers, garlic, herbs, vegan bullion/ vegetable broth

Fiber

- Beans/ Legumes : black, garbanzo, kidney, soy, lentils, peanuts
- Seeds: chia, flax, hemp, sesame (sprinkle onto meals, desserts, snacks)
- Whole grains: oats (not quick), whole wheat, quinoa, brown rice, buckwheat, barley
- Fruits: all! (limit- pineapple, coconut, watermelon)
- Vegetables: dark greens, cruciferous, zucchini, sweet potato, mushrooms, tomato, pumpkin, beets

Fats

- Limit fat by eating whole forms: avocado, seeds, nuts
- Choose anti-inflammatory oils (olive, sesame, avocado, flax), use very sparingly!!
- Omit all saturated and animal fats: palm oil, beef, fried foods, meat, eggs, dairy fat
- Limit nuts to 1/4 cup (about 20) per day. Choose unsalted and no oil choices

