

# VEGAN

## meal planning

PLANT-BASED · WHOLE · HAPPY · FOOD

### Shopping List

#### Bread

- 2 whole wheat english muffins
- 2 whole wheat pitas

#### Canned/Jarred Items

- 1 can chickpeas, drained
- 1/4 cup pepperoncini, chopped
- 1 1/3 tablespoons smoked sun dried tomatoes, (a few per muffin)

#### Dry Goods

- 5 rice paper sheets
- 1/2 cup brown rice

#### Produce

- 4 green onions, diced
- 1 avocado, sliced
- 1 cup carrot shreds
- 1/2 cup celery, chopped (include some tops in there)
- 1 red bell pepper, chopped
- 1/4 cup red bell pepper, sauted
- 1/4 cup red onion, sauted or grilled, we had leftovers!
- 1 cup romaine lettuce, chopped
- 3/4 cups spinach, (enough to create a bed on each muffin)
- 1 tomato, sliced

#### Refrigerated Items

- 1/2 cup tofu, mashed
- 2 tablespoons vegan cream cheese
- 1/2 cup vegan mayonnaise

#### Spices

- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

## Weekly Meal Plan

### Monday



Vegetable McMuffin  
Serves 2



Chickpea Salad in a Pita Pocket  
Serves 2



Stella's Vegan Spring Rolls  
Serves 2

Sample  
Sample  
Sample

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## Vegetable McMuffin



Here's a breakfast taking advantage of the good fat found in avocados. This holds me for quite awhile and is tasty too!

### Ingredients

1/4 cup spinach, (enough to create a bed on each muffin)  
2 tablespoons vegan cream cheese  
1 tomato, sliced  
1/2 avocado, sliced  
4 pieces smoked sun dried tomatoes, (a few per muffin)  
1/4 cup red onion, sauted or grilled, we had leftovers!  
1/4 cup red bell pepper, sauted  
2 whole wheat english muffins

### Directions



Toast your English muffins and spread vegan cream cheese on the bottom halves. Create a bed of spinach. Layer on avocado slices, sliced tomatoes, smoked sun-dried tomatoes, peppers and onion. Top with the remaining half of your muffin. Breakfast on the go!

## Chickpea Salad in a Pita Pocket



As it starts to warm up, I want something light and cool to eat. This stuff is the BOMB. The chickpeas give it a hearty, "chickeny" quality. Karen and I made this for lunch the other day and ate the whole mixture in one sitting! 10 minutes to prepare

### Ingredients

1/2 cup celery, chopped (include some tops in there)  
1/2 cup carrot shreds  
1 can chickpeas, drained  
1/4 cup pepperoncini, chopped  
1/2 cup tofu, mashed  
2 green onions, chopped  
1/2 cup vegan mayonnaise  
1/2 cup spinach  
2 whole wheat pitas

### Directions



Chop your celery. Dump into a bowl.



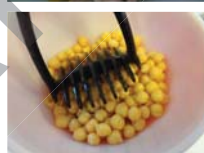
Add carrot shreds.



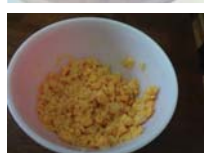
Add chopped pepperoncini.



Add mashed tofu.



In another bowl, mash your chickpeas.



Leave some chunks.



Combine everything.



Add chopped green onions.



Add vegan mayo.

Stir and add salt and pepper, if desired.



Cut your pita in half, add spinach and mixture. Enjoy! Betcha can't eat just one!

Sample

Sample

Sample

## Stella's Vegan Spring Rolls



This is a very quick and versatile recipe. Stella, who is 10 (yes, almost 11!) makes this often. She takes it for lunch sometimes but it's better eaten right away. This is one of those recipes that you can use just about anything you have on hand. We like to include a bunch of different veggies, some brown rice, avocado and spices. One of the first times I went to an Asian Market I bought some rice paper sheets and I had no idea what to do with them. No instructions, in English anyway, and I didn't have much luck searching on the web at that time. I tried a few different things but none of them worked. I guess it's one of those things that is super easy once you know how to do it... but pretty fussy if you don't. I'll give you the step by step instructions but get your veggies ready first.

### Ingredients

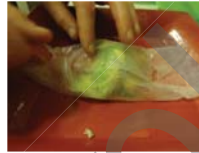
1 cup romaine lettuce, chopped  
1/2 cup carrot shreds  
2 green onions, diced  
1 red bell pepper, chopped  
1/2 avocado, sliced  
1/2 cup brown rice  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
5 rice paper sheets

### Directions



Toss all your veggies and spices in a bowl and save out the avocado and of course the rice paper sheets. Get a large bowl of warm water that is wide enough so you can put your rice paper in without bending it. If you bend it when it's dry, it will break.

Submerge in the warm water for 5 seconds. I seriously count, 1-1000, 2-1000, 3-1000, 4-1000, 5-1000. And it's ready. Pull it out and lay in on a plate. Put your veggies and avocado in the middle. Try not to overfill it... I know, it's hard. Well, it is for me.



Next you fold in the right and left side.



Overlapping in the middle.



Then you bring up the bottom side, tuck it snugly over the middle.



And then roll it up!



These spring rolls are especially good dipped in peanut sauce but hoisin and soy sauce with a little Sriracha is good too! Yummy!

