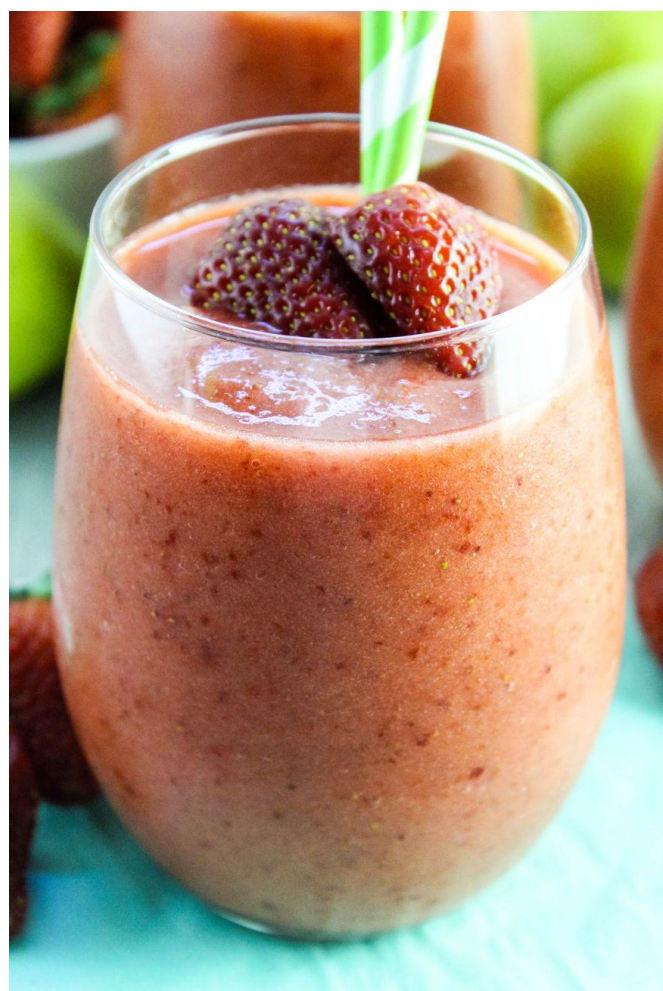




**FREE**  
**MEAL PLAN**  
**WITH**  
**GROCERY**  
**LIST**  
▼  
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# RECOMMENDED PREP WORK FOR AN EASY WEEK

## THANK YOU!

This menu plan is FREE because I want to thank you for your continued support!

I think you'll be happy with the investment of time that you put into planning your meals. The meals planned for this week are quick, easy, mostly healthy and vegetarian!

I would love your feedback, including things you did differently to improve the menus/recipes.

## NOTES

### Keep Things Easy

You don't have to make the recipes I provide. For example, you can use any Ranch dressing. You'll find opportunities throughout this plan where you can swap homemade for store bought to save you time - like the tomato soup. I have provided the recipes as a healthier alternative.

### No Room for Rigid

Make this plan work for YOU! If you don't feel like having baked potatoes on Monday, have them on Wednesday.

### Prepping

These meals are planned out so you can use up all of your groceries and fresh produce within the week. You'll notice repetition with ingredients without eating the same thing every day - just variations.

### Plan Ahead

Keep things easy on yourself by planning ahead for the week. You've already done the planning by purchasing this meal plan. You'll find time savings in my recommendations below!

## RECOMMENDED PREP WORK

### Sunday Food Prep

- 1) Clean and cut all fruits and vegetables. Leave some vegetables for dipping.
- 2) Make Easy Homemade Vegan Cashew Cheese Sauce (Page 12)
- 3) Make Easy Vegan Ranch Dressing (Page 11)
- 4) Make Overnight Oats (Some work will be required the night before)
- 5) Blend rolled oats into powder for the pancakes. (Food processor works great!)
- 6) You can bake your potatoes in the microwave the day of by poking holes in potatoes and putting them in the microwave for 5-10 minutes, flipping the potatoes half way through. The time may vary depending on the power of your microwave.
- 7) Make Easy Healthy Dairy-Free Tomato Soup (Page 11)

### Additional Notes

- 1) Go through the meal plans for this week and decide what meals you are going to prepare. My suggestion may have given you a different idea, so be sure to adjust your grocery list accordingly! Also, if you are making any of the recipes in the back be sure to add those ingredients to your grocery list as well.
- 2) There are two grocery lists: a) Each day has a list for that day's meals, and b) The next page is a grocery list for the entire week.
- 3) Review the Pantry Staples sections and add to your list what you don't have in your pantry.

## PANTRY STAPLES

(If you don't have these items in your pantry, be sure to add them to the grocery list.)

Whole Wheat Flour  
All Purpose Flour  
Baking Powder  
Oil  
Cocoa Powder  
Cinnamon  
Honey  
Vegan Ranch Dressing  
Peanut Butter  
Basil  
Thyme  
Salt  
Jelly/Jam  
Maple Syrup

# GROCERY LIST



## PANTRY STAPLES

(If you don't have these items in your pantry, be sure to add them to the grocery list.)

Whole Wheat Flour  
All Purpose Flour  
Baking Powder  
Oil  
Cocoa Powder  
Cinnamon  
Honey  
Vegan Ranch Dressing  
Peanut Butter  
Basil  
Thyme  
Salt  
Jelly/Jam  
Maple Syrup

## REFRIGERATOR SECTION

Silk Vanilla Almond Milk	MorningStar Farms Griller Crumbles
Silk Chocolate Almond Milk	MorningStar Farms Chick Patties
Silk Non-Dairy Vanilla Yogurt	MorningStar Farms Bacon Strips
Tofutti Cream Cheese	MorningStar Farms Sausage Links
Tofutti Sour Supreme	Sweet Potato Fries
Parmela Creamery Vegan Cheese Shreds	
Parmela Creamery Vegan Cheese Slices	
Earth Balance Vegan Butter	

## SHELF | BREAD | SEASONINGS

Hampton Creek Just Mayo	Pepperidge Farms Fish Crackers
Whole Grain Tortilla Shells ( <i>You'll need them for wraps, crunch wraps, and enchiladas</i> )	Mixed Nuts
Mild Enchilada Sauce	Tomato Paste
Hot Sauce	Pizza Sauce
Refried Beans	Package of Dry Ranch Seasoning
Tostada Shells	McCormick Mild Taco Seasoning
Chow Mein Noodles	McCormick Salad Toppings
Kettle Chips	Vegetarian Chicken Seasoning
Rolled Oats	Sour Dough Bread
Chia Seeds	Whole Grain English Muffins
KIND Granola	Whole Grain Bagels
Peanut Powder	Croissants
Graham Crackers	

## PRODUCE

Cauliflower	Yukon Gold Potatoes
Carrots	Pizza Toppings:
Broccoli	_____
Tomatoes + 6 Medium	_____
Lettuce	_____
Spinach	_____
Sprouts	
Avocado	
Cucumber	
Onions	
Bananas	
Strawberries	
Blueberries	
Raspberries	



## GROCERY LIST

Oats  
Silk Vanilla Almond Milk  
Tofutti Cream Cheese  
Tofutti Sour Supreme  
Parmela Creamery's Vegan Cheese Shreds  
Hampton Creek Just Mayo  
MorningStar Farms Griller Crumbles  
Vegetables  
Cauliflower  
Carrots  
Broccoli  
Whole Grain Tortilla Shells  
Package of Dry Ranch Dressing  
McCormick Mild Taco Seasoning  
Kettle Chips  
Mild Enchilada Sauce  
Vegetarian Refried Beans

## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Whole Wheat Flour  
All Purpose Flour  
Baking Powder  
Oil

# SUNDAY

"Eat for the body you want,  
not for the body you have."

## BREAKFAST | VEGAN | PANCAKES

### Whole Grain Homemade Pancakes with Fruit Topping

#### Ingredients:

1 cup Whole Wheat Flour + 2 cups All Purpose Flour  
1 cup Blended Oats  
2 tbsp Baking Powder  
3 packages of Stevia (Or sweetener of choice)  
Unsweetened Almond Milk  
Oil - Optional  
Fruit Topping (Page 12 - Fruit Topping Recipe)

#### Directions:

1) Mix oats and flours together well. Stir in baking powder and Stevia.  
2) To make batter: 1 cup of dry mix - add 1 cup unsweetened almond milk and 3/4 tbsp oil. Spoon batter onto warm griddle to form pancakes. Flip when golden. Serve when both sides are golden and center is cooked.

## LUNCH | VEGAN | VEGGIE PIZZA WRAP

### Vegetable Pizza Wraps and Kettle Chips

#### Ingredients:

8 oz Tofutti Cream Cheese  
3/4 cup Hampton Creek Just Mayo  
1/2 cup Tofutti Sour Supreme  
Package of Dry Ranch Dressing  
Whole Wheat Tortilla Shells  
Mixed Vegetables (Broccoli, Carrots, Cauliflower)  
Parmela Creamery's Vegan Cheese Shreds

#### Directions:

1) Mix cream cheese, mayo, sour cream, and package of dry Ranch dressing until smooth and creamy. Chop vegetables for wrap and dipping.  
2) Spread cream cheese mixture evenly over tortilla shell. Sprinkle chopped veggies and cheese shreds evenly over mixture. Roll into a wrap.

## DINNER | VEGAN | ENCHILLADAS

### Quick and Easy Enchiladas

#### Ingredients:

2 cans Mild Enchilada Sauce  
8 Whole Wheat Tortilla Shells (The number may vary depending on how full you fill them)  
1-1 1/2 cups MorningStar Farms Griller Crumbles  
1 packet Mild McCormick Taco Seasoning  
1 can Vegetarian Refried Beans  
Parmela Creamery's Vegan Cheese Shreds

#### Directions:

Page 12 - Quick and Easy Vegan Enchiladas



## GROCERY LIST

Oats  
Chia Seeds  
Silk Non-Dairy Vanilla Yogurt  
Unsweetened Chocolate  
Almond Milk  
Tofutti Sour Cream  
Vegetables  
Broccoli  
Carrots  
Cauliflower  
Tomatoes  
Lettuce  
Spinach  
Potatoes  
MorningStar Farms Crumbles  
MorningStar Farms Chick  
Patties

## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Peanut Butter  
Cocoa Powder

# MONDAY

"It's not a diet.  
It's a lifestyle change."

## BREAKFAST | VEGAN | OVERNIGHT OATS

### Brownie Batter Overnight Oatmeal

#### Ingredients:

1/2 cup Rolled Oats  
1 1/2 tbsp Cocoa Powder  
2 tsp Chia Seeds  
1/2 cup Non-Dairy Silk Vanilla Yogurt  
1 tbsp Peanut Butter  
1/2 cup Unsweetened Chocolate Almond Milk (Any non-dairy milk works!)  
Sweetener of Your Choice

#### Directions:

1) Stir together rolled oats, cocoa powder, and chia seeds. Stir in yogurt, peanut butter, and almond milk. Add sweetener to taste. (I use honey, but I also think it tastes great without it!)

2) Let sit in the refrigerator overnight. Stir before eating the next morning.

## LUNCH | VEGAN | SALAD

### Crunchy Vegetable Salad

#### Ingredients:

Your Choice of Salad Greens  
MorningStar Farms Chick Patty  
Your Choice of Vegetables (Broccoli, Carrots, Cauliflower, Tomatoes)  
Your Choice of Vegan Ranch Dressing (Page 11 - Easy Vegan Ranch Dressing Recipe)

#### Directions:

1) Grill MorningStar Farms Chick Patty ahead of time. Cut into small pieces and add right before eating.

2) Prepare vegetables ahead of time and toss together with leafy greens as a big salad just before eating.

## DINNER | VEGAN | BAKED POTATOES

### Baked Potatoes with Steamed Vegetables

#### Ingredients:

Baked Potatoes  
Vegetables of Your Choice, Steamed (Broccoli, Carrots, Cauliflower)  
Tofutti Sour Supreme  
Vegan Cheese Sauce (Page 12 - Easy Homemade Vegan Cashew Cheese Sauce)  
Optional: Morningstar Griller Crumbles, Seasoned with McCormick Mild Taco Seasoning

#### Directions:

1) Clean and poke holes in desired number of potatoes. Wrap in tin foil and put in the oven at 425 degrees for about 45 minutes. (Page 1 - Recommended Prep Work for an Easy Week)

2) Steam vegetables. When potatoes are done baking, remove from oven. Remove tin foil and cut potatoes in half. Top with steamed vegetables, vegan sour cream, and vegan cheese sauce.

3) Optional: Put the crumbles, a little oil, and the seasoning in a pan. Fry on medium heat until golden brown. Use as a baked potato topping.



## GROCERY LIST

Oats  
Peanut Powder  
Unsweetened Almond Milk  
Tofutti Sour Cream  
Parmela Creamery's Vegan Cheese Shreds  
Tortilla Shells (*If you use whole grain, you can use it for the vegetable wraps and the crunch wraps*)  
Tostada Shells  
Vegetarian Refried Beans  
Bananas  
Vegetables  
Broccoli  
Carrots  
Cauliflower  
Tomatoes  
Lettuce  
Spinach  
Chow Mein Noodles  
McCormick Salad Toppins  
MorningStar Farms Crumbles

## PANTRY STAPLES

(If you don't have these items in your pantry, be sure to add them to the grocery list above)

Cinnamon  
Honey  
Vegan Ranch Dressing

# TUESDAY

"Stop wishing, start doing."

## BREAKFAST | VEGAN | OVERNIGHT OATS

Quick & Easy Peanut Butter Overnight Oatmeal (Recipe can be easily cut in half)

### Ingredients:

1/2 cup Oats  
1/2 cup + 2 tbsp Unsweetened Almond Milk  
1/2 tsp Cinnamon  
1 1/2 tbsp Honey  
1/2 cup Peanut Powder

### Directions:

1) Add oats, almond milk, cinnamon, and honey to container. Stir in peanut powder.  
2) Cover container and leave in the refrigerator overnight. Top with sliced banana in the morning before eating.

## LUNCH | VEGAN | VEGETABLE WRAP

### Crunchy Vegetable Wrap

### Ingredients:

Tortilla Shell (Whole Grain, Spinach, Tomato Basil, etc.)  
Your Choice of Vegan Ranch Dressing (Page 11 -Easy Vegan Ranch Dressing Recipe)  
Parmela Creamery's Vegan Cheese Shreds  
Chopped Vegetables of Your Choice (Broccoli, Carrots, Cauliflower, Tomatoes, etc.)  
Sprinkle of Chow Mein Noodle  
Sprinkle of McCormick Salad Toppins, Crunchy & Flavorful  
Spinach

### Directions:

Spread the dressing over one side of the tortilla. Pile on ingredients. Fold in ends and roll into a wrap.

## DINNER | VEGAN | TACO TUESDAY

### Crunch Wraps (Yes, just like at Taco Bell!)

### Ingredients:

Whole Grain Tortilla Shell  
Refried Beans  
Baked Tostada Shell  
MorningStar Farms Crumbles, Fried & Seasoned with McCormick Mild Taco Seasoning  
Parmela Creamery's Vegan Cheese Shreds OR Easy Homemade Vegan Cashew Cheese Sauce (Page 12)  
Shredded Lettuce  
Chopped Tomatoes  
Tofutti Sour Supreme (Vegan Sour Cream)

### Directions:

1) Bake tostada shells as directed on the box. Meanwhile, put the crumbles, a little oil, and the seasoning in a pan. Fry on medium heat until golden brown.  
2) Put refried beans in the center of the tortilla shell. Place tostada shell on top of the beans. Place crumbles on top of the tostada shell. Top with lettuce, cheese, tomato, and vegan sour cream. Fold ends over into octagon shape and place folded end side on pan over medium heat. Once browned, flip to the other side.



## GROCERY LIST

Oats  
Cocoa Powder  
Chia Seeds  
Non-Dairy Silk Vanilla Yogurt  
Unsweetened Chocolate  
Almond Milk  
Parmela Creamery's Vegan  
Cheese Slices  
Hampton Creek Just Mayo  
MorningStar Farms Chick Patties  
MorningStar Farms Bacon Strips  
Vegetables  
Broccoli  
Carrots  
Cauliflower  
Tomatoes  
Lettuce  
Spinach  
Sweet Potato Fries

## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Peanut Butter  
Vegan Ranch Dressing  
Honey

# WEDNESDAY

"Motivation is what gets you started; habit is what keeps you going."

## BREAKFAST | VEGAN | OVERNIGHT OATS

### Brownie Batter Overnight Oatmeal

#### Ingredients:

1/2 cup Rolled Oats  
1 1/2 tbsp Cocoa Powder  
2 tsp Chia Seeds  
1/2 cup Non-Dairy Silk Vanilla Yogurt  
1 tbsp Peanut Butter  
1/2 cup Unsweetened Chocolate Almond Milk (Any non-dairy milk works!)  
Sweetener of Your Choice

#### Directions:

1) Stir together rolled oats, cocoa powder, and chia seeds. Stir in yogurt, peanut butter, and almond milk. Add sweetener to taste. (I use honey, but I also think it tastes great without it!)

2) Let sit in the refrigerator overnight. Stir before eating the next morning.

## LUNCH | VEGAN | SALAD

### Crunchy Vegetable Salad

#### Ingredients:

Your Choice of Salad Greens  
MorningStar Farms Chick Patty  
Your Choice of Vegetables (Broccoli, Carrots, Cauliflower, Tomatoes)  
Your Choice of Vegan Ranch Dressing (Page 11 -Easy Vegan Ranch Dressing Recipe)

#### Directions:

1) Grill MorningStar Farms Chick Patty ahead of time. Cut into small pieces and add right before eating.

2) Prepare vegetables ahead of time and toss together with leafy greens as a big salad just before eating.

## DINNER | VEGAN | BLT'S

### Vegan BLT's (Bacon, Lettuce & Tomato) with Sweet Potato Fries

#### Ingredients:

Bread Slices  
MorningStar Farms Bacon Strips  
Lettuce  
Tomato  
Parmela Creamery Vegan Cheese Slices  
Hampton Creek Just Mayo  
Your Choice of Sweet Potato Fries

#### Directions:

1) Bake sweet potato fries as directed.

2) Make MorningStar Farm Bacon Strips as directed. Cook them on low to medium heat, so they slowly cook to a crispy meatless bacon strip.

3) Toast bread. Put a layer of vegan mayo on inside of bread slices to make a sandwich. Layer with vegan cheese slice, lettuce, sliced tomato, and several pieces of vegetarian bacon strips.





## GROCERY LIST

Oats  
Peanut Powder  
Unsweetened Almond Milk  
Parmela Creamery Vegan  
Cheese Shreds  
Parmela Creamery's Aged  
Vegan Cheese Slices  
Earth Balance Vegan Butter  
Tortilla Shells  
Sour Dough Bread  
Bananas  
Vegetables  
Broccoli  
Carrots  
Cauliflower  
Tomatoes + 6 Medium  
Lettuce  
Spinach  
Onions  
Chow Mein Noodles  
McCormick Salad Toppings  
Vegetarian Chicken Seasoning  
Pepperidge Fish Crackers  
Tomato Paste  
Hot Sauce

## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Cinnamon  
Honey  
Vegan Ranch Dressing  
Basil, Thyme, Salt

# THURSDAY

"Nothing tastes as good as  
thin feels."

## BREAKFAST | VEGAN | OVERNIGHT OATS

### Quick & Easy Peanut Butter Overnight Oatmeal

#### Ingredients:

1/2 cup Oats  
1/2 cup + 2 tbsp Unsweetened Almond Milk  
1/2 tsp Cinnamon  
1 1/2 tbsp Honey  
1/2 cup Peanut Powder

#### Directions:

1) Add oats, almond milk, cinnamon, and honey to container. Stir in peanut powder.  
2) Cover container and leave in the refrigerator overnight. Top with sliced banana in the morning before eating.

## LUNCH | VEGAN | VEGETABLE WRAP

### Crunchy Vegetable Wrap

#### Ingredients:

Tortilla Shell (Whole Grain, Spinach, Tomato Basil, etc.)  
Your Choice of Vegan Ranch Dressing (Page 11 - Easy Vegan Ranch Dressing Recipe)  
Parmela Creamery's Vegan Cheese Shreds  
Chopped Vegetables of Your Choice (Broccoli, Carrots, Cauliflower, Tomatoes, etc.)  
Sprinkle of Chow Mein Noodle  
Sprinkle of McCormick Salad Toppings, Crunchy & Flavorful  
Spinach

#### Directions:

Spread the dressing over one side of the tortilla. Pile on ingredients. Fold in ends and roll into a wrap.

## DINNER | VEGAN | SOUP

### Tomato Soup and Sour Dough Grilled Cheese Sandwiches

#### Ingredients:

Sour Dough Bread  
Parmela Creamery's Aged Vegan Cheese Slices  
Earth Balance Vegan Butter  
Tomato Soup (Page 11 - Easy Healthy Dairy-Free Tomato Soup)  
Pepperidge Farms Fish Crackers

#### Directions:

1) Prepare tomato soup as directed. (Page 1 - Recommended Prep Work for an Easy Week) Top with fish crackers.  
2) Spread butter evenly on the outside of two pieces of bread. Place one slice, butter side down, onto warm skillet. Lay a vegan cheese slice, or two, on the bread. Cover the vegan cheese with other buttered slice of bread, butter side out.  
3) When the first side is browned, flip to the other side to brown. Serve with tomato soup!





## GROCERY LIST

Oats  
Cocoa Powder  
Chia Seeds  
Silk Non-Dairy Vanilla Yogurt  
Parmela Creamery's Vegan  
Cheese Shreds  
Unsweetened Chocolate  
Almond Milk  
Tofutti Sour Cream  
Vegetables  
Broccoli  
Carrots  
Cauliflower  
Tomatoes  
Lettuce  
Spinach  
Potatoes  
MorningStar Farms Crumbles  
MorningStar Farms Chick  
Patties  
Whole Grain English Muffins  
Pizza Sauce  
Pizza Toppings:

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## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Peanut Butter

# FRIDAY

"Discipline is choosing between what you want now and what you want most."

## BREAKFAST | VEGAN | OVERNIGHT OATS

### Brownie Batter Overnight Oatmeal

#### Ingredients:

1/2 cup Rolled Oats  
1 1/2 tbsp Cocoa Powder  
2 tsp Chia Seeds  
1/2 cup Non-Dairy Silk Vanilla Yogurt  
1 tbsp Peanut Butter  
1/2 cup Unsweetened Chocolate Almond Milk (Any non-dairy milk works!)  
Sweetener of Your Choice

#### Directions:

1) Stir together rolled oats, cocoa powder, and chia seeds. Stir in yogurt, peanut butter, and almond milk. Add sweetener to taste. (I use honey, but I also think it tastes great without it!)

2) Let sit in the refrigerator overnight. Stir before eating the next morning.

## LUNCH | VEGAN | SALAD

### Crunchy Vegetable Salad

#### Ingredients:

Your Choice of Salad Greens  
MorningStar Farms Chick Patty  
Your Choice of Vegetables (Broccoli, Carrots, Cauliflower, Tomatoes)  
Your Choice of Vegan Ranch Dressing (Page 11 - Easy Vegan Ranch Dressing Recipe)

#### Directions:

1) Grill MorningStar Farms Chick Patty ahead of time. Cut into small pieces and add right before eating.

2) Prepare vegetables ahead of time and toss together with leafy greens as a big salad just before eating.

## DINNER | VEGAN | PIZZA

### English Muffin Personal Pizzas with Side Salads

#### Ingredients:

Whole Grain English Muffins, Toasted (Prevents muffin from getting soggy.)  
Pizza Sauce  
Parmela Creamery Vegan Cheese Shreds OR Easy Homemade Vegan Cashew Cheese Sauce (Page 12)  
Toppings of Choice (Don't forget to add to your grocery list!)

Leftover Salad/Wrap Ingredients from the Week

#### Directions:

1) Slice english muffins in half. Put on large pan. Cover halves with pizza sauce. Add toppings of choice. Cover with vegan cheese. (Don't overdo it with the sauce or toppings - too much may make the pizzas soggy.)

2) Bake in the oven at 425 degrees for 8-10 minutes, or until edges are getting crispy.

3) Put together side salads with your left over ingredients from your lunches this week.



## GROCERY LIST

KIND Granola  
Non-Dairy Silk Vanilla Yogurt  
Silk Vanilla Almond Milk  
Unsweetened Chocolate  
Almond Milk  
Vegan Cheese Slices  
Tofutti Cream Cheese  
Hampton Creek Just Mayo  
MorningStar Sausage Links  
Fresh Fruit  
Strawberries  
Blueberries  
Raspberries  
Bananas  
Vegetables  
Spinach  
Tomato  
Sprouts  
Avocado  
Cucumbers  
Carrots  
Broccoli  
Whole Grain Bagels  
Croissants  
Kettle Chips  
Graham Crackers  
Mixed Nuts

## PANTRY STAPLES

*(If you don't have these items in your pantry, be sure to add them to the grocery list above)*

Jelly/Jam  
Maple Syrup  
Peanut Butter  
Honey

# SATURDAY

"Feed your faith and your fears will starve to death."

## BREAKFAST | VEGAN | BAGELS & FRUIT

Whole Grain Bagels, Yogurt/Granola with Fresh Fruit and Vegetarian Sausage Links

### Ingredients:

MorningStar Sausage Links  
Fresh Fruit  
KIND Granola  
Non-Dairy Silk Yogurt of Your Choice  
Whole Grain Bagel of Your Choice  
Tofutti Cream Cheese  
Your Choice of Jelly/Jam

### Directions:

- 1) Make MorningStar Vegetarian Sausage Links as directed.
- 2) Toast bagel. Stir in jelly/jam into Tofutti cream cheese to taste. Start with a tbsp. Spread over bagel. Top with fresh fruit.
- 3) Stir in granola and fresh fruit into non-dairy yogurt.

## LUNCH | VEGAN | CROISSANT SANDWICHES

Vegan Croissant Sandwiches, Kettle Chips and Vegetables with Vegan Dip

### Ingredients:

Kettle Chips  
Croissants  
Hampton Creek Just Mayo  
Your Choice of Vegan Cheese Slice  
Your Choice of Sandwich Filling (Spinach, Tomato, Sprouts, Avocado, Cucumbers)  
Your Choice of Vegetables (Carrots, Broccoli)  
Your Choice of Vegan Vegetable Dip (Page 8 -Easy Vegan Ranch Dressing Recipe)

### Directions:

- 1) Slice croissant. Layer inside of sandwich with vegan mayo. Assemble sandwich using your choice of vegan cheese slice and your choice of sandwich filling.
- 2) Enjoy sandwich with kettle chips and fresh vegetables. Dipping the vegetables is optional.

## DINNER | VEGAN | SMOOTHIES & FRUIT PIZZA

Spinach Smoothies, Graham Cracker Fruit Pizzas and Mixed Nuts

### Ingredients:

Graham Crackers	1 cup Vanilla Almond Milk
Tofutti Cream Cheese	1 1/2 Cups Spinach
Fresh Fruit	1 tbsp Peanut Butter
Maple Syrup	1 tsp Honey
Mixed Nuts	1 Banana
	5-6 Ice Cubes

### Directions:

- 1) Make smoothie by combining almond milk, spinach, peanut butter, honey, and banana. Once blended, add 5-6 ice cubes.
- 2) Add small amount of maple syrup to the vegan cream cheese. Start with 1-2 tbsp per 1 cup of vegan cream cheese. Spread on graham crackers and top with fresh fruit.



## GROCERY LIST

(If you don't have these items in your pantry, be sure to add them to the grocery list.)

Dill Weed  
Garlic Powder  
Onion Powder  
Salt  
Parsley  
Lemon Juice

# RECIPES

## EASY VEGAN RANCH DRESSING RECIPE

### Ingredients

1 cup Hampton Creek Just Mayo  
1 tsp Dill Weed  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Salt  
1 tbsp Parsley  
1 tsp Lemon Juice  
1/4 cup Water

### Directions

1) Put all ingredients into a bowl and mix together by hand. Mix for a minute or two, until everything is well combined and has the consistency/texture of dressing.  
2) Note: You can add more water for a thinner dressing or less water for a thicker dressing. Also, keep it easy on yourself - just grab your dill weed, garlic powder, onion powder, and parsley from the spice rack!

## EASY HEALTHY DAIRY-FREE TOMATO SOUP

### Ingredients

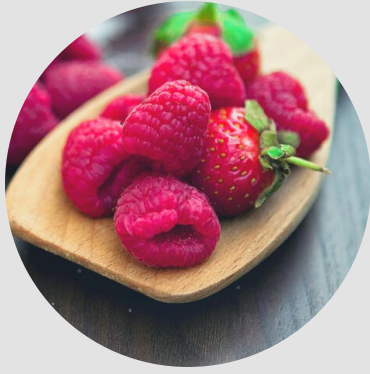
1/4 cup Vegan Butter  
2 medium Onions, Sliced (1 Cup)  
6 medium Tomatoes, Peeled, Cored & Coarsely Chopped (4 Cups)  
6 oz Can of Tomato Paste  
1 tsp Dried Basil  
1/2 tsp Dried Thyme  
1 tsp Salt  
4 cups Water with 4 tsp Vegetarian Chicken Seasoning  
Few Drops of Hot Sauce

### Directions

1) In a large saucepan, heat 1/4 cup butter until melted. Add sliced onions. Cook until tender, but not brown.  
2) Add tomatoes to saucepan.  
3) Stir in tomato paste, basil, thyme, salt, and hot sauce.  
4) Stir in broth.  
5) Bring to a boil; reduce heat. Cover and simmer for 30-40 minutes.  
6) Place in blender (1/2 of the quantity at a time). Strain to remove any seeds.  
7) Return to saucepan. Heat through.

Note: Start with 3 cups of water. Depending on the type of tomatoes you use, whether fresh, home canned, or store bought canned, 4 cups of water could be too much water.





## GROCERY LIST

(If you don't have these items in your pantry, be sure to add them to the grocery list.)

Enchilada Toppings

# RECIPES

## ENCHILADAS

### Ingredients

2 cans Mild Enchilada Sauce  
8 Whole Wheat Medium Size Tortilla Shells (The number may vary depending on how full you fill them)  
1 - 1 1/2 cups MorningStar Farms Griller Crumbles  
1 packet Mild McCormick Taco Seasoning  
1 can Vegetarian Refried Beans  
Parmela Creamery Vegan Cheese Shreds

### Directions

- 1) Pour a little mild enchilada sauce on the bottom of a glass 9x13 pan.
- 2) Fry up a bag of MorningStar Farms Vegetarian Griller Crumbles. Just use a little oil and a packet of Mild McCormick Taco Seasoning.
- 3) Mix 1 - 1 1/2 cups of prepared crumbles with a can of Vegetarian Refried Beans. Spoon mixture in the center of the shells - all the way across the center. Sprinkle vegan cheese over mixture, roll it up, and put into the pan. Repeat until the pan is full.
- 4) Pour the remaining sauce all over the shells. Sprinkle vegan cheese on top.
- 5) Bake at 350 for 30 minutes, or until sauce bubbles. Serve with your choice of toppings!

## FRUIT TOPPING FOR PANCAKES

### Ingredients

1 quart Frozen Peaches Defrosted OR 5-6 Fresh Peaches  
1 can Frozen 100% Apple or White Grape Juice  
1 can Water  
4 tbsp Corn Starch

### Directions

- 1) Mix juice, water, and corn starch and bring to a slow boil until thickened.
- 2) Add peaches. Stir in additional fruit such as strawberries, blackberries, blueberries, or other fruit of choice.

## EASY HOMEMADE VEGAN CASHEW CHEESE SAUCE

### Ingredients

1 cup Hot Water  
1/2 cup Raw Cashews  
2 tsp Salt  
1/2 cup Pimentos (Including Liquid)  
1/3 cup Yeast Flakes  
3 tbsp Lemon Juice  
1 small, Peeled, Hot Cooked Potato  
1 1/2 cups Hot Cooked Millet

### Directions

- 1) Blend the hot water and raw cashews. Add the remaining ingredients, one ingredient at a time, while continuing to blend.

Note: For best results, soak the raw cashews in hot water for about 10 minutes before blending.