



A week-long meal plan of vegetarian recipes prepared by RD Andy Bellatti for Attune Foods

Vegetarian Menu

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUN	Stovetop oatmeal (cooked in milk/non-dairy milk, vanilla extract, and cinnamon) with 1 TBSP nut/seed butter stirred in, and topped with raisins.	Granny Smith apple with Gruyere cheese (*Daiya cheddar cheese for vegan option)	<u>Creamy blended mushroom soup</u> and <u>baked falafel</u> , served over arugula and topped with hummus	Rice and bean tortilla chips with salsa and guacamole	<u>3-bean chili</u> over brown rice or quinoa
MON	Erewhon Buckwheat & Hemp cereal with chia seeds and cacao nibs sprinkled on (with milk of choice)	<u>Roasted chickpeas</u>	Brown rice & black bean burrito (in a whole wheat or gluten-free wrap) with fresh salsa and shredded lettuce	Smoothie: Puree frozen banana, milk of choice, cinnamon and unsweetened shredded coconut.	Steamed veggie dumplings, dipped in mix of tahini, tamari, and nutritional yeast, served with <u>Tofu in peanut sauce</u> and stir-fried vegetables
TUES	Toaster waffles topped with yogurt (dairy, soy, coconut, or almond) and walnuts	Air-popped popcorn	<u>Kale salad</u>	Uncle Sam Raisin Bran and hemp seeds (with milk of choice)	Grain & bean burger topped with homemade <u>spinach-walnut pesto</u> , served with a side of roasted Brussels sprouts topped with balsamic vinegar
WED	<u>Whole grain French toast</u>	Almond, dried blueberry, cacao nib, and Uncle Sam trailmix	Whole grain pasta with cashew-based " <u>Alfredo</u> " <u>sauce</u>	2 Bartlett pears	" <u>Tempeh Joes</u> " on a sprouted whole grain bun
THURS	Yogurt (dairy, soy, coconut, or almond) parfait with pecans, Uncle Sam cereal, chopped dried apple slices and pumpkin pie spice	Crudité or whole grain crackers with hummus	Leftover tempeh joes	2 squares dark chocolate and 1 TBSP almond butter	Roasted beets and sweet potatoes (cooked in a miso reduction), served over barley and topped with toasted sunflower seeds
FRI	Uncle Sam Raisin Bran cereal with oat bran and slivered almonds, served (with milk of choice)	Air-popped popcorn with olive oil and nutritional yeast	Baked tofu, arugula, shredded carrots, and sliced avocado with <u>tahini dressing</u> in a whole-grain wrap.	Raw <u>vegan brownie bites</u> .	<u>Vegan jambalaya</u>
SAT	<u>Green smoothie</u>	Granny Smith apple slices dipped in nut butter, with cinnamon sprinkled on top	Quinoa bowl with tahini dressing, steamed broccoli, and roasted chickpeas	Salted air-popped popcorn and veggie sticks	<u>Mac-O-Geez</u>

Vegetarian Shopping List

DAIRY/DAIRY

ALTERNATIVES

- Nutritional yeast
- 1 carton milk (dairy/nut/hemp)
- 1 block Gruyere cheese (or 1 bag Daiya cheddar cheese)
- 1 quart Yogurt (Greek/coconut/almond)
- Butter or buttery sticks

OILS, VINEGARS AND SPICES

- Apple cider vinegar
- Rice vinegar
- Balsamic vinegar
- Soy sauce or tamari
- Extra virgin olive oil
- Vegan worcestershire sauce
- Vanilla extract
- Light brown sugar
- Arrowroot powder
- Onion powder
- Dry mustard
- Cocoa powder
- Bay leaves
- Cinnamon
- Pumpkin pie spice
- Miso
- Cumin
- Coriander
- Chili powder
- Paprika
- Cayenne pepper

- Pepper

- Salt

NUTS AND SEEDS

- 1 bag unsweetened shredded coconut
- 1 jar tahini paste (sesame seed butter)
- 1 jar nut butter
- ½ cup raw brazil nuts
- 1 bag raw cashews
- 1 bag raw unsalted sunflower seeds
- 1 bag raw walnuts
- Slivered almonds
- Raw pecans
- Chia seeds
- Hemp seeds

PRODUCE

- Medjool dates
- 1 carton fresh strawberries (or frozen, thawed)
- 2 bananas
- 2 Bartlett pears
- 1 large apple
- 2 Granny Smith apples
- 2 avocados
- 1 carton or bunch of arugula
- 1 carrot
- 1 red onion
- 1 tomato
- 2 yellow onions
- 2 white onions
- 2 red bell peppers

- 2 green bell peppers
- 1 cup white mushrooms
- 1 bunch celery
- 1 head broccoli
- 2 bunches kale
- 1 bunch spinach
- 2 lemons
- 2 beets
- 2 sweet potatoes
- 1 bunch parsley
- 1 piece ginger
- 2 bulbs garlic
- 1 cup Brussels sprouts
- Shredded lettuce
- 1 bunch fresh basil leaves

PRODUCE (OTHER)

- Fresh salsa
- 3 cans diced tomatoes (preferably with jalapeno peppers)
- 1 can low-salt diced tomatoes
- 1 carton low-salt vegetable broth
- Raisins
- Dried blueberries
- Dried apples

WHOLE GRAINS

- Brown rice
- Oat bran
- Pearled barley
- Quick-cooking oats
- Quinoa

- 1 loaf whole grain bread (look for at least 3 grams fiber, and no more than 2 grams sugar per slice)
- 1 package whole grain sprouted buns
- 1 bag whole grain wraps
- 1 box whole grain pasta
- 1 box whole grain crackers
- Erewhon Buckwheat & Hemp cereal
- Uncle Sam Original cereal
- Uncle Sam Raisin Bran cereal

FROZEN

- 1 bag frozen organic non-GMO corn kernels
- 1 bag frozen stir-fry vegetables
- 1 bag frozen veggie dumplings
- 1 carton frozen bean-based burgers
- 1 box frozen whole grain waffles

PROTEINS

- 4 cans low-salt chickpeas
- 2 blocks extra-firm organic tofu
- 1 can low-salt kidney beans
- 1 can low-salt black beans
- 1 package tempeh
- 1 tub hummus

OTHER

- Rice and bean tortilla chips
- Cacao nibs
- Dark Chocolate bar

NOTES

- When buying canned products, prioritize those that are BPA-free. Eden Organics is a very trusted brand.
- Whenever possible, prioritize organic and/or non-GMO foods. The [Environmental Working Group's Dirty Dozen](#) and Clean Fifteen list is a great guide for knowing what fruits and vegetables are best purchased organic.
- When choosing breads, purchase ones where the first ingredient is "whole wheat flour". You want at least 3 grams of fiber per slice, and no more than 2 grams of sugar.
- Depending where you live, some items – like chia seeds and cacao nibs – may be hard to find. If so, [Navitas Naturals](#) offers many of these items at affordable prices.
- This meal-plan contains unique breakfast, lunch, dinner and snack ideas. Depending on your family size, you may be preparing meals that have enough leftovers to be used for future lunches or dinners. Feel free to use this meal plan as a guide, estimating how much you'll need to provide adequate meals and snacks for your family without waste. Maybe you only make two of the lunches and two dinners in bulk to last the week, meaning you can stretch this meal plan into another week. Or perhaps you like the challenge of cooking up a new meal each day.
- The accompanying grocery list assumes you're stocking your kitchen from scratch. Chances are you already have many of these foods and ingredients on hand already!
- Feel free to mix and match or swap wherever necessary. If you prefer snacking on a juicy orange instead of apples, or prefer tempeh over seitan, that's perfectly fine.
- Not every meal or snack comes with a specific recipe. This is where we invite you to get creative!