



*November*  
2018 Monthly Meal Plan  
& Shopping List



# *Breakfast Menu*

**Monday:** Apple Pie Smoothies

**Tuesday:** Cereal of choice

**Wednesday:** Vegan sausage & grits bowl

**Thursday:** Pumpkin Pie Smoothies

**Friday:** Overnight oats w/ dried fruit & milk

**Saturday:** Pancakes, sausage & juice

**Sunday:** Overnight oats w/ dried fruit & milk



# *Lunch Menu*

**Monday:** Vegetable Soup

**Tuesday:** Hummus, carrot sticks & crackers

**Wednesday:** Wraps, fruit, and lemonade

**Thursday:** Hummus, carrot sticks & crackers

**Friday:** Hummus, carrot sticks & crackers

**Saturday:** Wraps, fruit, and lemonade

**Sunday:** Vegetable Soup



# Dinner Menu

**Monday:** Spaghetti Bolognese

**Tuesday:** Black Bean Tacos

**Wednesday:** Burgers & sweet potato fries

**Thursday:** Curried lentils and rice

**Friday:** Vegan Beef Stroganoff

**Saturday:** Instapot Chilli & cornbread

**Sunday:** Vegetable Soup



# Desserts & Snacks

[Giant Cinnamon Rolls](#)

[Apple pie overnight oats](#)

[Pumpkin Pie Smoothies](#)

\*Click on items above for full video & recipe

# Shopping List

- (2) Bags Gardein Beefless Crumbles
- (2) Bags Gardein Chickenless Strips
- (2) Bags of Gardein Burgers
- 1 lb. bag of dried black beans
- (2) Frozen Mixed Veggies
- 5-lb. bag apples of choice
- Ground cinnamon
- Pumpkin Seeds
- In-Season Organic Fruit for juicing
- Organic fruit for dehydrating
- 1 Head Organic Lettuce
- 1 lb. Roma Tomatoes
- 2 Avocados
- Organic Flour
- Organic Tubando Sugar
- 1 lb. Bag of Black Walnuts
- 1 lb. Bag Organic Rice
- 1 package chickenless bouillion
- 1 package beefless bouillion
- 1 lb. bag Daiya Crumbles
- 1 bag of organic lemons
- 1 lb. tub of Earth Balance Spread
- 1 tub of organic coconut oil
- (2) packs Organic Corn Wraps
- (2) bags of organic carrots
- 1 2 lb. bag of dried chickpeas
- 1 1 lb. tub of Daiya Cream Cheese
- 2 lbs. of organic sweet potatoes
- 2 lb. bags of Morningstar Vegan Sausages
- 2 lb. Bag of stone ground grits

# Items Already in Pantry

- Curry powder
- Cardommon
- Kosher Salt
- Black Salt
- Ground pepper
- Peppercorns
- Nutmeg
- Apple Pie Spice
- Pumpkin Pie Spice
- Shelf-Stable Almond Milk
- Shelf-Stable Soy Milk
- Coffee
- Tea
- Organic Cane Sugar
- Brown Sugar
- Crackers
- Corn Meal
- Vegan Parmesan Cheese
- Dried vegetables
- Dehydrated Apple Rings
- Dehydrated Mixed Vegetables
- Dehydrated Blueberries