



January

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