



Weekly Menu

PLANNER

Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Meal Favorites

PLANNER

Breakfast

Lunch

Dinner

Snacks

Dinner Ideas

PLANNER

Mexican

Veggie Bean Enchiladas
Cauliflower Tacos**
Burritos
Quesadillas
Mexican Quinoa Salad

Sandwiches

Chipotle Hash brown Sandwich**
"Cheesy" Sloppy Joes**
BBQ Cauliflower Wrap**
"Meatball" Subs***
BBQ Bean Sandwich**

Sides

Roasted Veggies
Baked Potatoes
Mashed Potatoes
Rice
Corn on the Cob
Cornbread**
French Fries

Asian

General Tso Cauliflower**
Sweet & Spicy Orange Tofu**
Kung Pao Tofu**
Fried Rice

Casseroles

Loaded Buffalo Casserole**
Hash Brown Casserole**
Lasagna Rolls**
Vegan Shepherd's Pie**
Delicious Veggie Lasagna**

Italian/Pasta

Creamy "Sausage" Pasta**
Mushroom Alfredo Pasta**
"Ricotta" Stuffed Shells**
Lentil Bolognese**
Hamburger Helper**

Breakfast

Chickpea Omelette**
Fluffy Pancakes**
Overnight Oats**
French Toast**
Breakfast Burritos**
Breakfast Sandwich**

Soups & Salads

Easy Vegan Chili**
Vegan Chicken-less Stew**
Creamy Potato Soup**
Miso Soup**

Comfort

Burgers**
Mac & "Cheese"***
Vegan Steak**
Chick'n Bites**
Vegan Chicken Parm
Jackfruit Chick'n Bites**

You can find recipes mark with (**) on the Veggie Rose blog.

