

SHOPPING / PACKING LIST

| | QTY | ITEM | | QTY | ITEM |
|--------------------------|-------------|---------------------------------------|--------------------------|----------|----------------------------------|
| | | PRODUCE | | | DRY GOODS |
| <input type="checkbox"/> | 1 | Apple | <input type="checkbox"/> | 1 cup | TVP (Textured Vegetable Protein) |
| <input type="checkbox"/> | 1 | Avocado | <input type="checkbox"/> | 1 64 oz | Non-Dairy Milk (unrefrigerated!) |
| <input type="checkbox"/> | 2 | Bell Pepper | <input type="checkbox"/> | 1 pkg | Bread - Hot Dog Buns |
| <input type="checkbox"/> | 1 cup | Blueberries | <input type="checkbox"/> | 1 loaf | Bread - Sliced |
| <input type="checkbox"/> | 2 sm heads | Broccoli | <input type="checkbox"/> | 1 jar | Peanut Butter |
| <input type="checkbox"/> | 2 | Carrot | <input type="checkbox"/> | 1 jar | Jelly |
| <input type="checkbox"/> | 2 stalk | Celery | <input type="checkbox"/> | 1 box | Rice Mix - Spanish / Yellow |
| <input type="checkbox"/> | 4 | Corn on the Cob | <input type="checkbox"/> | 1 pkg | Soba Noodles |
| <input type="checkbox"/> | 1 | Eggplant | <input type="checkbox"/> | 1 can | Water Chestnuts |
| <input type="checkbox"/> | 1 | Lemon | <input type="checkbox"/> | 1 box | Pasta - Spaghetti |
| <input type="checkbox"/> | 1 large pkg | Mushrooms - White Button / Baby Bella | <input type="checkbox"/> | 1 box | Pasta - Rotini |
| <input type="checkbox"/> | 2 sm | Red Onion | <input type="checkbox"/> | 1 jar | Marinara Sauce |
| <input type="checkbox"/> | 2 pkg | Tomatoes - Grape / Cherry | <input type="checkbox"/> | 1 pkg | Tortillas - Burrito size |
| <input type="checkbox"/> | 1 | Zucchini | <input type="checkbox"/> | 1 can | Pineapple - Chopped |
| | | COOLER | <input type="checkbox"/> | 1 can | Black Beans |
| <input type="checkbox"/> | 1 pkg | vegan Hot Dogs | <input type="checkbox"/> | 1 bottle | Italian Salad Dressing |
| <input type="checkbox"/> | 1 (14 oz) | vegan Ground Sausage | <input type="checkbox"/> | 1 lg can | Black Olives - sliced |
| <input type="checkbox"/> | 1 pkg | vegan Refrigerated Cinnamon Rolls | | | |
| <input type="checkbox"/> | 8 tbs | vegan Butter | | | |

ADDITIONAL ITEMS TO PACK

| | | | | |
|--------------------------|-------|--------------------------------|--------------------------|---------------|
| <input type="checkbox"/> | | spray oil | <input type="checkbox"/> | knife |
| <input type="checkbox"/> | | salt + pepper | <input type="checkbox"/> | cutting board |
| <input type="checkbox"/> | | condiments | <input type="checkbox"/> | aluminum foil |
| <input type="checkbox"/> | 1 cup | extra flour | <input type="checkbox"/> | can opener |
| <input type="checkbox"/> | | soba noodle sauce (see recipe) | <input type="checkbox"/> | large pot |
| <input type="checkbox"/> | 1 tbs | taco seasoning | <input type="checkbox"/> | skillet + lid |
| <input type="checkbox"/> | | blueberry almond oatmeal mix | <input type="checkbox"/> | |
| <input type="checkbox"/> | | apple raisin oatmeal mix | <input type="checkbox"/> | |
| <input type="checkbox"/> | | biscuit mix (see recipe) | <input type="checkbox"/> | |
| <input type="checkbox"/> | | pasta salad (see recipe) | <input type="checkbox"/> | |
| <input type="checkbox"/> | | | <input type="checkbox"/> | |
| <input type="checkbox"/> | | | <input type="checkbox"/> | |

Make Ahead Recipes:

Apple Raisin Oatmeal Mix

Ingredients: -1 cup old fashioned oats
-2 tsp chia seeds
-1/2 tsp cinnamon
-2 tbs ground flax seed
-2 - 3 tbs brown sugar
-1/3 cup pecans
-1/3 cup raisins

Biscuit Mix

Ingredients: -2 cups all purpose flour
-1 tbs baking powder
-1/2 tsp baking soda
-3/4 tsp salt

Soba Noodle Sauce

Ingredients: -5 tbs soy sauce
-2 tsp sesame oil
-1.5 tsp sugar
-1 tsp ginger powder
-red pepper flakes

Pasta Salad

Ingredients: -1 can Black Olives
-1 Carrot, diced
-1/2 cup Cashew Parm
-2 stalks Celery, diced
-1 bottle Italian Dressing
-1 box Rotini
-1 package Tomatoes

Blueberry Almond Oatmeal Mix

Ingredients: -1 cup old fashioned oats
-2 tsp chia seeds
-1 tsp cinnamon
-2 tbs ground flax seed
-2 - 3 tbs brown sugar
-1/3 cup chopped almonds
-3 tbs cacao nibs

-Cook **pasta** according to package directions.
-Rinse under cold water, then add to large bowl.
-Add **black olives, chopped carrot, celery, and tomatoes,** and about half a bottle of **Italian dressing.**
-Mix well. Add about 1/2 cup **cashew parmesan** if wished.
-Taste, add more dressing if desired. (Pasta will continue to absorb dressing once mixed)

| SERVINGS | MEAL | INGREDIENTS (#) | QUICK RECIPE |
|---|---------------------------------|--|---|
| BREAKFAST | | | |
| 2 | <u>Blueberry Almond Oatmeal</u> | -Blueberry Almond Oatmeal Mix -Blueberries -Non-Dairy Milk (3) | -Heat 1.5 - 2 cups non-dairy milk + pinch of salt until boiling. -Add oatmeal mix . -Reduce heat and simmer while stirring for 5 minutes. -Add blueberries 1 - 2 minutes before serving. |
| 2 | <u>Apple Raisin Oatmeal</u> | -Apple Raisin Oatmeal Mix -Apple -Non-Dairy Milk (3) | -Heat 1.5 - 2 cups non-dairy milk + pinch of salt until boiling. -Add oatmeal mix + chopped apple . -Reduce heat and simmer while stirring for 5 minutes. |
| 4 total prepare half (2) per day | <u>Biscuits N Gravy</u> | -Biscuit Mix -Butter -Ground Sausage -Non-Dairy Milk -Lemon -Extra Flour -Salt + Pepper (7) | <p>TO MAKE BISCUITS</p> <p>-Measure 1/2 cup non-dairy milk, add 1 tbsp lemon juice. Set aside for 5 minutes.</p> <p>-Measure out half of the biscuit mix into a bowl. Cut in 2 tbs of butter.</p> <p>-Make a well in ingredients, then pour in half of the milk mixture. Stir until just combined. Add more milk if needed.</p> <p>-Sprinkle a little flour onto a cutting board. Turn out dough, then fold over 5-6 times.</p> <p>-Shape with your hands into a circle a little less than an inch thick</p> <p>-With a knife, cut dough into an X, making 4 triangular pieces.</p> <p>-Heat a covered skillet to low-med heat, spray with a little oil.</p> <p>-When heated, place dough into skillet, immediately replacing lid to keep in steam.</p> <p>-Cook 15 minutes, then flip, and cook an additional 5-10. Both sides should be golden brown.</p> <p>TO MAKE GRAVY</p> <p>-In skillet, cook half of the ground sausage, adding extra pepper to taste. Remove when cooked and set aside.</p> <p>-In skillet, melt 2 tbs butter + 2.5 tbs flour to make a roux over medium heat. Cook for 5 - 6 minutes.</p> <p>-Add 2 cups non-dairy milk (if any milk left over from biscuits, can be used here). Whisk together roux + milk. Bring to a slow simmer until thickened, about 5 - 10 minutes, whisking constantly. Add salt + pepper to taste, add cooked sausage. More milk can be added if gravy is too thick.</p> <p>-Serve over 2 biscuit wedges.</p> |
| 2 | <u>Cinnamon Rolls</u> | -Refrigerated Cinnamon Rolls (1) | -Heat a covered skillet to low-med heat, spray with a little oil . -When heated, place cinnamon rolls into skillet, immediately replacing lid to keep in steam. -Cook 15 minutes, then flip, and cook an additional 5-10. Both sides should be golden brown. |
| DINNER | | | |

| SERVINGS | MEAL | INGREDIENTS (#) | QUICK RECIPE |
|----------|---|--|--|
| 4 | <u>Lo Mein Soba Noodles</u> | -Soba Noodles -Soba Noodle Sauce -Bell Pepper -Broccoli -Carrot -Mushrooms -Water Chestnuts (7) | -Dice and sauté bell pepper, broccoli, + carrot with a little oil over medium heat, about 5 - 7 minutes. Add mushrooms + water chestnuts , cook another 5 minutes. -In a pot, cook soba noodles according to package directions, then strain. -Combine cooked veggies + noodles in pot, then add soba noodle sauce , stir to combine. |
| 4 | <u>Hot Dogs with Sautéed/Packet Veggies</u> | -Veggie Dogs -Hot Dog Buns -Corn -1/2 Eggplant -Tomatoes -Pineapple -Red Onion -Zucchini (8) | -Dice + sauté eggplant, tomatoes, pineapple, red onion, and zucchini until cooked, 7 - 10 minutes. -Rinse + shuck corn . In a large pot, bring water to rolling boil and boil corn for 5 - 7 minutes. -ALTERNATE - make small foil packets with mixture of all veggies + pineapple, and corn. Grill or cook in campfire. -Cook veggie dogs according to package. -Serve with hot dog buns + condiments . |
| 4 | <u>Black Bean + TVP Burritos</u> | -Avocado -Bell Pepper -Black Beans -Corn -Red Onion -Taco Seasoning -Tortilla -TVP -Yellow Rice Mix (9) | -Cook yellow rice according to package. -Add 3/4 HOT water to 1 cup TVP in a bowl. Set aside for 5 minutes. -In a skillet over medium heat, add 1 tbs oil, TVP, and taco seasoning . Stir and cook for 7 minutes until TVP darkens. Set aside. -Sauté diced onion + bell pepper in a skillet over med-high heat until cooked, about 5 minutes. -Open and rinse black beans, slice avocado , and slice leftover corn off the cob from previous dinner. -Prepare and roll up burritos with a bit of everything! |
| 4 | <u>Spaghetti with Eggplant Marinara</u> | -1/2 Eggplant -Marinara -Eggplant -Salt + Pepper (4) | -Prepare pasta al dente per package directions. Set aside. -Sauté diced eggplant with a little oil, salt, and pepper over medium heat in a large pot, about 7 minutes. -Add jar of marinara to eggplant, let simmer for 5 minutes. -Remove pot from heat, and stir in cooked pasta to coat. |
| SNACKS | | | |
| | <u>PB+J</u> | -Bread -Jelly -Peanut Butter (3) | |
| 6 | <u>Pasta Salad</u> | | |