

Family Friendly High Raw Vegan Menu

Sample Week 3



Tried and Tested by Mama in the Kitchen

<i>Day</i>	<i>Meal</i>	<i>Raw Drink</i>	<i>Raw Vegan Dish</i>	<i>Cooked Vegan Dish</i>	<i>Notes</i>
Monday	Breakfast	Fruit Smoothie	Raw Oatmeal		Breakfast for us is 100% Raw Monday through Friday.
	Lunch	Tea	Asian Marinated Veggies	Buckwheat Noodles in Sauce	
	Snack		Fruit or Nuts or other Raw Snack		Fruit is the choice at our house! Sometimes with Raw Almond Butter but most of the time just plain.
	Dinner	Green Smoothie	Carrot Salad with Pine Nuts	Lentil Burgers with Mushroom Chips	I mill my own flour and bake our breads fresh every week. Roasted mushrooms are great substitutes for potato fries.
Tuesday	Breakfast	Fruit Smoothie	Raw Oatmeal		This is usually leftover from the morning before... So I don't have to prepare anything this morning.
	Lunch	Tea	Carrot Salad with Pine Nuts	Lentil Burgers with Mushroom Chips	Leftovers.
	Snack		Fruit		

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Wednesday	Dinner	Green Smoothie	Cauliflower, mung sprouts and Curry Sauce	Boiled chopped potatoes and Brown Basmati Rice	Make enough curry sauce so that you can have a half raw and half cooked Potato and Cauliflower Curry dish.
	Breakfast		Fruit Pudding topped with sliced Fruit and Flax Seed Meal		My son and I love ours with some chocolate syrup (raw cacao powder mixed with some raw honey). Sometimes I top mine with seeds/nuts and spirulina. My husband prefers his plain with the flax meal "sprinkles".
	Lunch	Limeade	Cauliflower, mung sprouts and Curry Sauce	Boiled chopped potatoes and Brown Basmati Rice	Leftovers.
	Snack		Fruit		
	Dinner	Green Smoothie	Spinach Avocado Dip with Flax crackers	Mushroom, kale and potatoes	This is very simple but satisfying. My boys request for Corn Tortilla Chips sometimes and I combine it with this healthy Spinach Dip.
Thursday	Breakfast		Fruit Pudding topped with sliced Fruit and Flax Seed Meal		Like Tuesday's Breakfast, this is usually leftover from the morning before... So I don't have to prepare anything for this breakfast. But if I need more, it takes but 5 minutes to prepare.
	Lunch	Limeade	Spinach Avocado Dip with Flax crackers	Mushroom, kale and potatoes	Leftovers from last night's dinner.
	Snack		Fruit		
	Dinner	Green Smoothie	Mixed Greens Salad with vinaigrette dressing	Puy Lentil Salad with Beets, served with cooked grains of your choice	The boys really enjoy this simple salad. I usually serve the lentils atop a mound of greens.

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Friday	Breakfast	Fruit Smoothie	Granola topped with sliced Fruit and Fruit Smoothie		We use the Fruit Smoothie as the 'milk' for the Granola. I have frozen the Granola on occasion. I have used it as a Snack or topping for the Fruit Pudding too.
	Lunch		Mixed Greens Salad with vinaigrette dressing	Puy Lentil Salad with Beets, served with cooked grains of your choice	Leftovers from last night's dinner.
	Snack		Fruit		
	Dinner	Green Smoothie	Kale Salad	Pizza	Pizza night... How do we hold the cheese? You can use cashew cheese or raw alfredo sauce or salted roasted or steamed garlic paste.
Saturday	Breakfast	Fruit Smoothie	Apple Almond Yoghurt	Hash Browns and Tofu Eggs	My boys request cooked breakfast on the weekends. I have my Raw Breakfast. My hubby likes the thought of potatoes and eggs for breakfast sometimes... So here I use Tofu.
	Lunch	Fresh Green Juice	Kale Salad	Pizza	Leftovers from last night's dinner.
	Snack			Banana Bread	I bake a Vegan sweet for them once a week.
	Dinner	Fresh Green Juice	Spinach, onion and mushrooms Salad	Veggie Stew with Spelt Dumplings	Comfort foods are wonderful in helping a family transition to a more Vegan diet.
Sunday	Breakfast	Fruit Smoothie	Apple Almond Yoghurt	Hash Browns and Tofu Eggs	Leftover from yesterday's breakfast.
	Lunch	Fresh Green Juice	Spinach, onion and mushrooms Salad	Veggie Stew with Spelt Dumplings	Leftovers.

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	Snack			Banana Bread	I bake a Vegan sweet for them once a week.
	Dinner	Fresh Green Juice	Asian Marinated Veggies	Buckwheat Noodles in Sauce	Again, I have more free time to juice during the weekends.