

Family Friendly High Raw Vegan Menu

Sample Week 1



Tried and Tested by Mama in the Kitchen

Day	Meal	Raw Drink	Raw Vegan Dish	Cooked Vegan Dish	Notes
Monday	Breakfast	Fruit Smoothie	Raw Oatmeal		Breakfast for us is 100% Raw Monday through Friday.
	Lunch	Flavored Water	Kale Salad	Shepherd's Pie	Flavored water is simply filtered water with citrus slices and/or herbs. Kale Salad is the fave salad at our house.
	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	Cauliflower Salad	Mulligatawny Soup served with Brown Basmati Rice	
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	Flavored Water	Cauliflower Salad	Mulligatawny Soup served with Brown Basmati Rice	Like breakfast, this is leftovers from last night's dinner.
	Snack		Fruit		

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Wednesday	Dinner	Green Smoothie	Mixed Green Salad & sliced Tomatoes and Avocados	Portabello Mushroom Burger with Homemade Buns and Baked Sweet Potato Fries	I mill my own flour and bake our own breads. I usually prefer steaming the sweet potatoes and drizzling them with maple syrup and sometimes coconut oil, but the boys like the "fries" more. The salad, tomatoes and avocados are added into their Vegan Burger too for more Raw items.
	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	Mixed Green Salad & sliced Tomatoes and Avocados	Portabello Mushroom Burger with Homemade Buns and Baked Sweet Potato Fries	Leftovers from last night's dinner.
	Snack		Fruit		
Thursday	Dinner	Green Smoothie	Spinach Salad with grated Carrots, Sunflowers and Raisins	Pot Pie with Seasonal Veggies	I use Spelt Flour and Coconut Oil for the pastry and any seasonal Vegetables for the filling.
	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 Salad with grated Carrots, Sunflowers and Raisins	Pot Pie with Seasonal Veggies	Leftovers from last night's dinner.

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Friday	Snack		Fruit		
	Dinner	Green Smoothie	Fresh bite sized Seasonal Veggies, some thawed frozen Corn, sliced Avocado and Bell Peppers and Tomato Salsa.	Black Beans and Brown Basmati Rice, Steamed Butternut Squash is delicious with this too.	I rely on my slow cooker to cook the beans. I just soak 2 cups of the beans overnight, drain and rinse the next day and cook on high in my slow cooker until soft and ready. The raw veggies top the beans and rice to create a whole meal for the boys. I usually get some greens and use the raw veggies as toppings for my own salad. Sometimes I add some cooked beans to my salad to bulk it up, especially during days I don't want to eat nuts.
	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		Fresh Veggies, some thawed frozen Corn, sliced Avocado and Bell Peppers and Tomato Salsa.	Black Beans and Brown Basmati Rice	Leftovers from last night's dinner.
	Snack		Fruit		
Saturday	Dinner	Green Smoothie	Marinated Broccoli and other Seasonal Veggies	Pasta with Vegan Alfredo topped with Salted Seeds	I wish I could always make fresh pasta, but if I don't have time I use store bought packaged pasta. My boys love their pasta. Please don't judge! The sauce is from Raw Almond Milk.
	Breakfast	Fruit Smoothie	Sliced Fruit	Waffles	My boys request cooked breakfast on the weekends. I have my Raw Breakfast.

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Sunday	Lunch	Fresh Green Juice	Marinated Broccoli and other Seasonal Veggies	Pasta with Vegan Alfredo	Leftovers from last night's dinner. I have more time to juice during the weekends.
	Snack			Apple Crumble	I bake a Vegan sweet for them once a week.
	Dinner	Fresh Green Juice	Lettuce Salad with Ginger Dressing	Avocado Sushi: the Avocado and Nori sheets are raw. The rice is cooked.	I serve the Sushi with Nama Shoyu, unpasteurized Soy Sauce.
	Breakfast	Fruit Smoothie	Sliced Fruit	Waffles	My boys request cooked breakfast on the weekends. I have my Raw Breakfast.
	Lunch	Fresh Green Juice	Lettuce Salad with Ginger Dressing	Avocado Sushi: the Avocado and Nori sheets are raw. The rice is cooked	Leftovers.
	Snack			Apple Crumble	I bake a Vegan sweet for them once a week.
	Dinner	Fresh Green Juice	Kale Salad	Shepherd's Pie	Again, I have more free time to juice during the weekends.