



# One Week Menu Planner

## Product Recommendations by Brand Name

Thank you for buying our cookbook! We hope you enjoy it, and the many companion factsheets available at [allamericanvegan.com](http://allamericanvegan.com), including this one, listing product recommendations for the ready-made items listed in the One Week Menu Planner. Note that the product recommendations for each recipe can be found in the fact-sheet, "*Recipe Product Recommendations*."

As new and exciting vegan products come out, we will update this list, so check it frequently to be sure that you are current on the latest and greatest vegan foods now available.

Happy humane eating!

## A week of American meals, veganized



### Monday

**ALL AMERICAN BREAKFAST**  
Pancakes with whipped sweet butter, hash browns, and not "bacon" strips  
**CONTINENTAL BREAKFAST**  
English muffin, non-dairy yogurt, and a latte  
**LUNCH**  
No tuna fish sandwich and potato chips

**SNACK**  
Candy bar  
**DINNER**  
Fried no chicken, buttermilk biscuits, mashed potatoes, and gravy  
**DESSERT**  
Ice cream sundae

### Thursday

**ALL AMERICAN BREAKFAST**  
Scrambled no eggs, not "bacon" strips, and toast  
**CONTINENTAL BREAKFAST**  
Fruit smoothie  
**LUNCH**  
Club sandwich and french fries

**SNACK**  
Chocolate chip cookies  
**DINNER**  
No chicken pot pie and salad with Ranch dressing  
**DESSERT**  
Apple pie à la mode



### Tuesday

**ALL AMERICAN BREAKFAST**  
French toast and not sausages  
**CONTINENTAL BREAKFAST**  
Slice of peanut butter coffee cake  
**LUNCH**  
No B.F. sandwich and potato salad

**SNACK**  
Ice cream bar  
**DINNER**  
Casseroles, garlic bread, and a Caesar salad  
**DESSERT**  
Chocolate layer cake



### Wednesday

**ALL AMERICAN BREAKFAST**  
Glazed donuts with soy milk  
**CONTINENTAL BREAKFAST**  
Toast with margarine or jam and a bowl of cereal with non-dairy milk  
**LUNCH**  
No chicken noodle soup with crackers

**SNACK**  
Golden cream filled sponge cake  
**DINNER**  
Philly cheese steak, onion rings, and a salad with Thousand Island dressing  
**DESSERT**  
New York cheesecake



### Saturday

**ALL AMERICAN BREAKFAST**  
Breakfast hash  
**CONTINENTAL BREAKFAST**  
Blueberry muffin  
**LUNCH**  
Grilled cheese sandwich or tuna melt and macaroni salad

**SNACK**  
Ice cream cone  
**DINNER**  
BBQ no ribs, cornbread, and vegan baked beans  
**DESSERT**  
Banana cream pie



# ONE WEEK MENU PLANNER

## MONDAY

Hash Browns: *Cascadian Farms Hash Browns*

English Muffin: *Rudy's English Muffins*

Non-dairy Yogurt: *Whole Soy & Co. (any flavor)*

Candy Bar: *Go Max Go (Jokerz, Mahalo, Twilight, Cleo's, Snap, and Buccaneer Bars) and Eli's Earth Bars (Treasure, Celebrate, and Dream Big Bar)*

Ice Cream Sundae:

- Ice Cream: *So Delicious (any flavor)*
- Chocolate Sauce: *Ah!!aska Organic Chocolate Syrup*
- Sprinkles: *Let's Do Sprinkelz (Chocolatey, Carnival, or Confetti)*
- Whipped Cream: *Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version frequently malfunctions) and MimicCreme Healthy Top (also in a box)*

"Bacon": *Yves Meatless Canadian Bacon or lightlife Smart Bacon*

Potato Chips: *Lays*



## TUESDAY

"Sausage" Links: *Lightlife Smart Links*  
Ice Cream Bar: *So Delicious minis (ice cream sandwiches) or Tofutti Totally Fudge Bars*  
Chocolate Cake: *Amy's Organic Chocolate Cake (look for it in the frozen food section)*



## WEDNESDAY



Donuts: *Whole Foods Vegan Donuts, Larsen Bakery Donuts (available at [veganessentials.com](http://veganessentials.com)) VeganSweets Donuts (available at [veganstore.com](http://veganstore.com))*  
Soy milk: *Silk*  
Toast: *Rudy's Country White Bread*  
Margarine: *Earth Balance Natural Buttery Spread (original)*  
Cereal: *Nature's Path Corn Flakes*  
Crackers: *Whole Foods 365 Everyday Value Saltines*

## THURSDAY

Toast: *Rudy's Country White Bread*  
"Bacon": *Yves Meatless Canadian Bacon or Lightlife Smart Bacon*  
French Fries: *Cascadian Farms Crinkle Cut French Fries*  
Chocolate Chip Cookies: *Alternative Baking Company Colossal Chocolate Chip Cookie and Uncle Eddie's Peanut Butter Chocolate Chip Cookies*  
Ice Cream: *So Delicious (any flavor)*  
Cereal: *Nature's Path Corn Flakes*  
Apple Pie: *Wholly Wholesome Frozen Apple Pie*



## FRIDAY

Hash Browns: *Cascadian Farms Hash Browns*  
Toast: *Rudy's Country White Bread*  
Veggie Burger: *Gardein Beef-less Burgers*  
Tater Tots: *Cascadian Farms Spud Puppies*  
Chocolate Pudding: *ZenSoy Chocolate Soy Pudding*



## SATURDAY

Blueberry Muffin: *Whole Foods Vegan Blueberry Muffins*  
Ice Cream Cone:  
- Ice Cream: *So Delicious (any flavor)*  
- Ice Cream Cone: *Let's Do Organic Sugar Cones*