

One Week Vegan Menu Using Foods from Dollar Tree

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner
SUN	Tex-Mex Hash*, soymilk	pretzels w/ peanut butter	Lentil Sloppy Joe Wrap*, soymilk	sunflower seeds and canned fruit	Tuscan-Inspired Gnocchi*, juice or fresh fruit
MON	Breakfast Burrito*, soymilk	mixed nuts and applesauce	Sautéed Garbanzo Bean Wrap*, soymilk	sunflower seeds and canned fruit	Beans & Rice Soup*, juice or fresh fruit
TUES	oatmeal topped with thawed frozen fruit, soymilk	pretzels and peanut butter	leftover Beans & Rice Soup, soymilk	sunflower seeds and canned fruit	tacos: black beans, corn, rice, diced tomatoes; juice or fresh fruit
WED	raisin bran with mixed nuts and soymilk	pretzels and peanut butter	burrito w/black beans, corn, diced tomatoes, salsa; soymilk	pita chips and garbanzo bean dip	Chili Fries*, juice or fresh fruit
THUR	oatmeal topped with brown sugar and thawed frozen fruit, soymilk	sunflower seeds and canned fruit	Peanut Butter & Jelly Roll-Up*, applesauce, soymilk	pretzels w/ peanut butter	Broccoli Stir-Fry with Garbanzo Beans*, juice or fresh fruit
FRI	smoothie w/ oats and soymilk	mixed nuts and applesauce	leftover Broccoli Stir-Fry w/ Garbanzo Beans*, soymilk	pretzels w/ peanut butter	Lentil Sloppy Rice*, juice or fresh fruit
SAT	Pancakes* topped with peanut butter, blueberries and syrup, soymilk	canned fruit and sunflower seeds	Peanut Butter & Jelly Roll-Up*, applesauce, soymilk	mixed nuts and applesauce	Lentil Bolognese*, juice or fresh fruit

*recipe included

This menu provides adequate calories and most nutrients, depending on amounts of food chosen. The menu does not have fresh fruit or vegetables and may also be high in sodium. If it's possible, adding fresh fruit (citrus, melon, berries depending on season) to this menu will increase vitamin C intake. While most Dollar Tree stores do not sell fresh produce, local farmer's markets tend to have less expensive fruits and vegetables. If finding fresh fruits is not possible for your family, 100% fruit juice is available at most Dollar Tree stores. Orange or grapefruit juice often have the most vitamin C, but other juices may have vitamin C added to them. If 100% fruit juice is used as a vitamin C source, limit it to an 8-ounce glass (or less) per day. Fortified soymilk is the drink of choice for breakfast and lunch, and legumes are in most meals to account for certain nutrients. If fortified soymilk or other fortified foods are not available and used regularly, a vitamin B12 is needed. This menu does not meet the recommendation for vitamin D. See VRG's website https://www.vrg.org/journal/vj2009issue2/2009_issue2_vitamin_d.php for information about vitamin D sources for vegans. Iodized salt should be used as an iodine source.

The contents of this article, our website, and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own. It's hard to be perfect, some packaged foods may have ingredients such as sugar from unknown sources, but just do the best you can, and don't be judgmental of yourself or others.