

# The Beet Sheet

## No. 1



Sunday....."Beef" Stew  
*Semi-WF recipe from Beet Sheet*

Monday.....Hippie Loaf, Mashed Potatoes  
w/ V. Gruyere, Broccoli and Roast Beets  
*Happy Herbivore, Artisan V. Cheese*

Tuesday..... Taco Tuesday!  
*Oh She Glows*

Wednesday..... Kabocha Squash Chili  
*Semi-WF recipe from Beet Sheet*

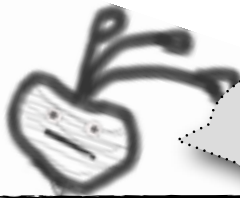
Thursday....."Beef" Stew p. 2

Friday.....Pizza Party  
*Not-zarella, Dough from Sexy Vegan*

Saturday.....Burger Night  
*Gardein burgers, rolls from Unrefined Vegan*  
*Semi-WF Oven Fries from Beet Sheet*

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# The Beet Sheet Shopping no. 1



Get some extra beets to roast up, save as snacks, salad toppings or for raw juice. YUM!

## Produce:

- 2 boxes sliced mushrooms
- 2 1lb bags of potatoes
- 1 red, 1 yellow pepper \$ 🍷
- fresh parsley
- fresh Cilantro (opt. for tacos/salsa)
- 1 pkg romaine
- fresh greens for smoothies \$ 🍷
- 1 bag yellow onions
- 1 kabocha squash \$\$
- 1 bunch beets
- 1 bag carrots
- 1 bunch celery
- 2 bulbs garlic \$🍷
- 2 lemons

## Fresh Ingredients:

- 2 packages vegan sausage 🍷
- Veg Pepperoni 🍷
- Choice of Tortillas
- 12 oz Silken Tofu

## Pantry Goods:

- 1 bag dried black beans or one BPA free 15 oz can
- 12 oz box quinoa 🍷🍷 \$
- 0.5 lb wheat bulgur/cracked wheat \$\$
- 1 bag dry green/black lentils
- 5 oz walnut pieces
- 6 oz raw pepitas
- 1 lb raw cashew pcs
- 1 box Goya "sazon con achiote" packets (no salt)
- 1 bag white flour **P**
- 1 bag whole wheat **P** flour
- 1 can pumpkin
- 1 pkg BPA free diced tomatoes
- jarred tomato sauce
- sauerkraut (for juice)
- 1 salsa mix packet \*\*
- 1 taco seasoning \*\*

\*\* or make your own  
Pantry Check Items:

**P** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Frozen:

- carrots slices \$🍷
- peas
- broccoli florets
- pepper strips \$ 🍷
- frozen greens for smoothies
- pineapple pieces for smoothies
- veggie burger
- patties ✂️ Gardein
- 2 pkgs ✂️ Beyond Meat "Feisty"

\$🍷 if you can, spring for a pkg of whole peeled garlic cloves... huge 🍷 saver

\$ 🍷 sub frozen for extra savings

\$\$ sub butternut for extra savings

🍷 I like an apple/herb sausage but Bratwurst or will Italian style will work, too

🍷 Use half of pepperoni, freeze half for next week. Careful, gets moldy fast!

🍷🍷 \$ check price boxed quinoa sales vs. bulk varies weekly

\$\$ can sub quinoa

✂️ web coupons available!

**P** Don't Forget to Check Your Pantry Items!  
See page 2

### **Pantry Check:**

- Wheat Bulgur
- Quinoa (Quinoa can also sub for Bulgur)
- White Flour
- Whole Wheat Flour
- Black Beans
- Lentils
- Cashews (need 3 cups this week)
- Nuts (walnuts or pecans)
- Canned/Frozen Pumpkin
- Active Yeast
- Nutritional Yeast
- Refined*** Coconut Oil
- Olive Oil
- Medium and/or White Miso Paste
- Apple Cider Vinegar
- Ketchup
- Maple Syrup and/or Agave Nectar
- Soy Sauce
- Mushroom/Vegan Gravy prepared or packet  
(you'll need 2)
- Better than Bouillon/Veggie Broth Base or
- Mushroom Broth enough for 8 cups
- Vegan Worcestershire

### **Spice Check:**

- Garlic Powder
- Onion Powder
- Mustard Powder
- Dried Basil
- Dried Thyme
- Dried Oregano
- Optional Herbs de Provence or other favorite dried

Background frame downloaded from:

<https://www.teacherspayteachers.com/Store/Tracee-Orman>

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