



**The Beet Sheet
Menu**
Date: _____



Sunday..... _____

book/source: _____

Monday..... _____

book/source: _____

Tuesday..... _____

book/source: _____

Wednesday..... _____

book/source: _____

Thursday..... _____

book/source: _____

Friday..... _____

book/source: _____

Saturday..... _____

book/source: _____

Pantry Check:

- White Rice
- Brown Rice
- Wheat Bulgur
- Quinoa (Quinoa can also sub for Bulgur)
- White Flour
- Whole Wheat Flour
- Rolled and/or Quick Cooking Oats (I don't get hung up on which kind for recipes, doesn't make a huge difference IMO)
- Vital Wheat Gluten
- Brown Sugar
- Vegan Cane Sugar
- Buckwheat Pancake Mix
- Chick Pea Flour and/or Gluten Free Flour
- Baking Soda
- Baking Powder (try to get aluminum free)
- Vanilla Extract (look for sales, stock up when you can!)
- Black Beans (pref. dried, buy in bulk)
- Lentils (pref. dried, buy in bulk)
- Chick Peas (dried, bulk)
- Cashews (buy in bulk)
- Nuts (walnuts or pecans)
- Canned/Frozen Pumpkin
- Canned BPA free Coconut Milk
- Silken Tofu
- Active Yeast
- Nutritional Yeast (another bulk item) continued next page

Pantry Check:

- Nori Sheets
- **Refined** Coconut Oil
- Olive Oil
- Medium and/or White Miso Paste
- Apple Cider Vinegar
- Balsamic Vinegar
- Pasta
- Jarred Tomato Sauce
- Tomato Paste (at least one jar or BPA free can on standby)
- Ketchup
- Maple Syrup and/or Agave Nectar
- Pitted Dates (sometimes the non-organic ones go on sale at the regular grocery, check it out)
- Soy Sauce and/or Liquid Aminos
- Mushroom/Vegan Gravy prepared or packet (stock up when it's on sale, great "Bee" Stew Base)
- Better than Bouillon/Veggie Broth Base or Mushroom Broth
- Vegan Worcestershire
- A-1 and/or fave BBQ Sauce
- Frank's Red Hot Sauce
- Liquid Smoke

Background frame downloaded from:

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

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Spice Stock:

- Garlic Powder
- Onion Powder
- Oregano
- Mustard Powder
- Chili Powder
- Cumin
- Turmeric
- Smoked Paprika
- Red Pepper Flakes
- Curry Powder
- Hungarian Paprika
- Rubbed Sage
- Ground and/or dried Thyme
- Dried Basil
- Dried Thyme
- Dried Oregano
- Allspice
- Ground Cloves

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