

ONE WEEK MENU PLANNER

Product Recommendation by Brand Name

MONDAY

- Hash Browns:** Cascadian Farms Hash Browns
- English Muffin:** Rudy's English Muffins
- Non-Dairy Yogurt:** Silk Soy Yogurt
- Candy Bar:** Go Max Go (Jokerz, Twilight, Cleo's, Snap, and Buccaneer Bars)
- Ice Cream Sundae:**
 - **Ice Cream:** Trader Joe's Soy Creamy Non-Dairy Frozen Dessert
 - **Chocolate Sauce:** Ah!aska Organic Chocolate Syrup
 - **Sprinkles:** Let's Do Sprinkelz (Chocolatey, Carnival, or Confetti)
- "Bacon":** Yves Meatless Canadian Bacon, Lightlife Smart Bacon, or Sweet Earth Benevolent Bacon
- Potato Chips:** Lay's



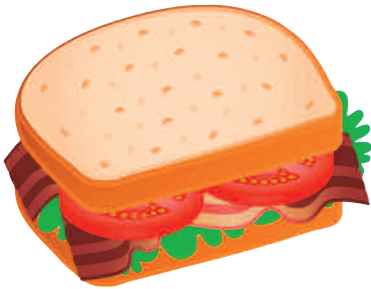


TUESDAY

“Sausage” Links: *Tofurky Italian Sausage or Field Roast Sausage*
Ice Cream Bar: *Tofutti Totally Fudge Bar*
Chocolate Cake: *Amy’s Organic Chocolate Cake (look for it the frozen food section)*

WEDNESDAY

Donuts: *Whole Foods Vegan Donuts*
Soymilk: *Vanilla Soy Dream*
Toast: *Rudy’s Country White Bread*
Cereal: *Cascadian Farms Organic Purely O’s*
Crackers: *Whole Foods 365 Everyday Value Saltines*

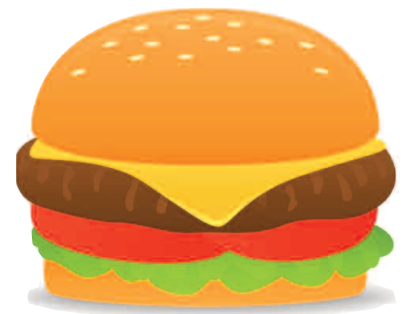


THURSDAY

Toast: *Rudy’s Country White Bread*
“Bacon”: *Yves Meatless Canadian Bacon, Lightlife Smart Bacon, or Sweet Earth Benevolent Bacon*
French Fries: *Cascadian Farms Crinkle Cut French Fries*
Ice Cream: *Trader Joe’s Soy Creamy Non-Dairy Frozen Dessert*
Cereal: *Nature’s Path Corn Flakes*

FRIDAY

Hash Browns: *Cascadian Farms Hash Browns*
Toast: *Rudy’s Country White Bread*
Veggie Burger: *Impossible Burger (for cheeseburger, add a slice of Daiya cheese)*
Hamburger Bun: *Dave’s Killer Hamburger Buns*
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:** *Trader Joe’s Soy Creamy Non-Dairy Frozen Dessert*
 - **Ice Cream Cone:** *Let’s Do Organic Sugar Cones*