

BREAKFAST

BINGE BUSTER SMOOTHIE

BLUEBERRY CASHEW SMOOTHIE

Blueberries, cashews, almond milk

TOFU SCRAMBLE

Tofu, peppers, onions & of course, the majestic kale.

FAST OVERNIGHT OATS

This bowl packs a punch, and can serve up to two people!

PB BREAKFAST QUINOA

Quinoa, peanut butter, granny smith apples

BEET JUICE

Beets, carrots, fuji apple & ginger

SNACK/DIPS

Quinoa Salsa

Pineapple Salsa

SWEET STUFF

Walnut Bliss Balls

Avocado Chocolate Pudding

Lemon Pudding

Pecan Pie Squares (pre-made)

SEASONAL COCKTAIL (incld)

Vickee Vegan's Grapefruit Delight

LUNCH

TOFU STIR-FRY (TOFU CAN BE SUBSTITUTED)

Your protein choice cooked with garlic, onions, special sauce

QUINOA SALAD WITH APRICOTS AND CURRANTS

Quinoa, currants, apricots, scallions, basmati rice, and rice wine vinegar

NOT "MOCK" CHICKEN SALAD

tempeh, onions, peppers, dijon mustard on a sprouted bread

DINNER

VEGAN QUESADILLA

Not your typical loaded quesadilla

CURRY CHICKPEA WRAP

Garbanzo beans, curry sauce, spinach wrap

WALNUT TACOS (WALNUTS CAN BE SUBSTITUTED)

Finely crushed walnuts, cumin, chili powder, onions, peppers

DO THE JERK

Sauteed Seitan, over quinoa is a Jamaican Jerk Sauce

VEGAN & VEGETARIAN MADE EASY VEGAN COOKING PARTY

Mix 'n' Match Your Own Options

3-4 people \$30 per person / 5-10 people \$25 per person

Deposit of \$25 to secure (non-refundable)
(choose 3 options or 4 for \$2 more)

*Who said vegans
don't have fun?*

VICKEE VEGAN, CPT, CHC
VEGAN COOK

FOR PARTY BOOKINGS
& INQUIRES

615-275-5073

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SPRING MENU

SPRING MENU OPTION 1

- Pressed Salad
- Garlic Braised Tempeh, Tofu, Seitan, or Celebration Roast (seitan not gluten free)
- Rice Noodles with Peanut Sauce
- Broccoli Stir-Fry

SPRING MENU OPTION 2

- Refreshing Quinoa Tabouli
- Sautéed Portobello Mushrooms with Greens and Smoked Tofu
- Shredded Carrot Salad

FALL MENU

FALL MENU OPTION 1

Coming soon
Wait for it

FALL MENU OPTION 2

Coming soon
Wait for it

SUMMER MENU

SUMMER MENU OPTION 1

- Sesame Soba Noodles
- Chickpea Falafel Patties
- Arugula, Avocado and Pepita Salad

SUMMER MENU OPTION 2

- Summer Squash Saute
- Tofu UnChicken
- Basic Quinoa

WINTER MENU

WINTER MENU OPTION 1

Coming soon
Wait for it

WINTER MENU OPTION 2

Coming soon
Wait for it

VEGAN & VEGETARIAN MADE EASY COOKING PARTY

SEASONAL MENU

3-4 people \$30 per person / 5-10 people \$25 per person
Deposit of \$25 to secure (non-refundable)
(all options are included in 1 party)

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