

Vegan Sistas Meal Preps & More Menu

Choose Items below for your meal plan from the appropriate categories. Or, choose bulk items to cut down on meal prepping at home or for your catering orders. [EMAIL TWOVEGANSISTAS@GMAIL.COM TO ASK ABOUT OUR LOWER CALORIE/LOWER FAT OPTIONS!](mailto:TWOVEGANSISTAS@GMAIL.COM)

Live= not heated or heated at temps below 118 degrees

gf=gluten free

cgf=can be made gluten free

Items can only be frozen if indicated in the description.

Salads and Sides:

****If purchased in bulk: square pan=\$25 (about 4 servings), rectangular pan (about 8 to 10 servings) =\$49**

Organic Arugula Salad (Live) (gf)- Consists of arugula, spring mix, avocado, onions, celery, bell peppers and/or carrots, and tomatoes. Comes with our vegan ranch. Arugula is a flavorful salad green that is high in minerals. Shelf life 2 days refrigerated.

Cucumber/Squash Tomato Salad (Live) (gf) Consists of tomatoes, cucumbers or zucchini (depending upon availability), onions, garlic, apple cider vinegar, sunflower oil, herbs, and spices. Cucumbers are great for skin, hair, and kidneys. Shelf life 2 days refrigerated.

Bretta's Delightful Kale Salad (Live) (gf)- kale massaged with avocados, lemon juice, herbs and spices, sometimes topped with carrots, tomatoes, and cucumber or zucchini. Studies show that kale is the most nutrient dense land grown vegetable known (outside of grasses). **Oil-free. Very low sodium!** Shelf life 1 day refrigerated.

Cauliflower Salad (Live) (gf)- Consists of cauliflower, vegan mayo, pickles, onions, celery, mustard, herbs and spices. Studies show that cruciferous vegetables are cancer fighters. Shelf life approx. 3 days refrigerated.

Spinach Salad (Live) (gf)- Consists of a spinach, avocado, onions, tomatoes, bell peppers and/or carrots, and herbs and spices. Comes with vegan ranch. High in iron. Shelf life 2 days refrigerated.

Organic Fruit Salad (Live) (gf)- Consists of a variety of seasonal fruits, can be topped with walnuts or granola- comes as a large serving. Beautifully decorated, high in vitamins and anti oxidants. Shelf life 2 days refrigerated

Organic Kale Chips (live) (gf) – Dehydrated at 105 degrees, seasoned kale; a great substitute for potato chips! Very nutrient dense and fat free. Shelf Life approx. 5 days but must be stored in a dry place. Comes spicy or mild.

(PRICED DIFFERENTLY THAN OTHER SIDES- SQUARE PAN=\$30; RECTANGULAR PAN=\$50)

Potato Wedges (cooked) (gf) –**AIR FRIED** White potatoes cut into wedges- a healthy version of seasoned fries, **Fat free, Oil free and Low Sodium. Shelf Life approx. 5 days.**

Broccoli Rice Casserole (cooked) (gf)-Consists of broccoli, brown rice, onions, mushrooms, sometimes bell peppers, herbs, and spices. Studies show that cruciferous vegetables are cancer fighters. Shelf Life approx. 5 days.

Organic Steamed Corn (cooked) (gf)- consists of organic corn, celery, onions, sunflower oil, herbs and spices. Shelf Life about 1 week refrigerated.

Green bean Casserole (cooked) (gf)- green beans, onions, mushrooms, potatoes, garlic, sometimes bell peppers, sunflower oil, herbs, and spices. Shelf Life approx. 5 days refrigerated.

Baked Sweet Potato Fries (cooked) gf – consists of sweet potato fries, herbs. Shelf Life approximately 3 days refrigerated.

Steamed Asparagus (Cooked) (gf)- consists of asparagus, onions, herbs, and spices, sometimes mushrooms. Shelf Life approximately 3 days.

Flax Seed Crackers (Live) (gf)- consists of flax seeds, tomatoes, onions, fresh herbs, and spices. High in Omega 3 fatty acids. A great replacement for potato chips. Dehydrated at 110 degrees. Shelf Life of at least 1 week but must be kept in a cool dry environment. **(Priced differently than other sides: only comes in square pan size= \$40)**

Zucchini Chips (Live) (gf)- consists of delicious seasoned zucchini, cut into chips and dehydrated at 110 degrees. Very nutrient dense. Shelf Life of at least 1 week but must be kept in a cool dry environment. **(Priced differently than other sides: only comes in square pan size= \$40)**

Collard/Kale Greens (Cooked) (gf)-Sauteed collards, kale, onions, celery, sunflower oil, herbs, and spices and sometimes tomatoes. Shelf Life of approx. 5 days Refrigerated.

Yams (cooked) (gf)-Consists of sweet potatoes, sunflower oil, cinnamon, nutmeg, and maple syrup. Shelf Life approx. 5 days refrigerated.

Protein Poppers (cooked) (gf)- Freshly Popped organic popcorn seasoned with spirulina (a source of vegan protein), sunflower oil, herbs and spices.

Cauliflower Protein Poppers (Lives) (gf)- similar to protein poppers but made with cauliflower; a more nutritious version.

Cauliflower Bites (Lives) (gf)- Delicious and guilt free, seasoned raw cauliflower- great as a snack or as a side.

Organic Cornbread Patties (cooked) (cgf)- Made from organic cornmeal, organic flour, flax seeds, sunflower oil- made in a skillet.

Sautee Cabbage (cooked) (gf)-Consists of cabbage, onions, garlic, herbs, and spices and sometimes mushrooms.

Condiments

16oz Vegan Ranch Dressing (made from vegan mayo, vinegar, almond milk, dill, herbs and spices. \$7 (other salad dressings available by request)- shelf life approx. 5 days refrigerated

16oz Cashew Cheese (made from cashews, water, nutritional yeast, herbs and spices)
\$10 shelf life approx 4 days if refrigerated

16 oz Spaghetti/Pizza Sauce (made from tomatoes, sundried tomatoes, dates, fresh herbs, and spices. \$10 shelf life approx. 3 days if refrigerated

16oz Vegan Mayo (made from sesame seeds and filtered water)
\$7 shelf life approx. 5 days if refrigerated

16oz Vegan Whipped Cream (made from cashews, dates, vanilla, almond milk)
\$10 shelf life approx. 3 days if refrigerated

16oz Date Syrup (made from dates and water)- a healthy sweetener, a great sugar substitute that can be used in desserts and smoothies. \$10 shelf life approx. 5 days if refrigerated.

Beverages

Homemade sprouted almond milk (comes in plain, chocolate, un chocolate (carob), vanilla, strawberry- half gal; made from sprouted almonds, dates, and water; \$7 Shelf life approx. 3 days refrigerated

Fresh Squeezed Cold Pressed Juices- made from fruits and vegetables of your choice; half gal is \$50 and up. Shelf Life 3 days if refrigerated.

Hibiscus Ginger Tea(gf)- This tea is high in iron and has been known to help with fibroid tumors, consists of hibiscus flowers and fresh ginger. Served hot or cold. Sweetened with maple syrup/unsweetened upon request. Half gal \$20; Gal \$30. Shelf Life approx. 1 week refrigerated

Organic Moringa Smoothie (gf)- Consists of bananas, cocoa (can come with berries instead), moringa, almond milk, and dates. This is moringa from Ghana West Africa and has the following benefits: two times the amount of protein of yogurt, four times the amount of vitamin A as carrots, three times the amount of potassium as bananas, four times the amount of calcium as cows' milk, seven times the amount of vitamin C as oranges, can balance hormones, helps with inflammation, detoxifies the body, helps with brain functioning, regulates blood sugar levels, etc. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Un-chocolate Shake(gf)- Consists of carob (a healthy low fat, caffeine free delicious chocolate substitute), almond milk, banana, vanilla, and date syrup. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Apple Strawberry Smoothie(gf)- Consists of apples, strawberries, dates. Fat free, low calorie. Simple and refreshing! Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Organic Irish Moss Shake(gf)- Consists of Irish Moss (google the benefits; highly nutritious, great for skin, and weight loss). Made from Irish moss, vanilla, banana, cinnamon, nutmeg, and dates. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Probiotic Fruit Soda(gf)- Formerly known as the ‘stomach flattening soda’. We culture this non-dairy kefir ourselves with 100% fruit juices. Kefir boosts the immune system, aids in digestion, prevents colds, etc. Also, kefir is high in probiotics, enzymes and B-complex, Made from nondairy kefir and 100% fruit juice. **Comes in the following flavors: berry, grape, pineapple, cherry.** Google the benefits of kefir! Half gal \$20; Gal \$30. Shelf Life approx. 2 weeks refrigerated.

Yerba Mate Chai (gf)- Consists of almond milk, yerba mate, cinnamon, cardamom, clove, ginger, maple syrup, and vanilla. Comes heated. Yerba Mate is a great immune system booster and metabolism builder and is also excellent for brain functioning. Shelf Life approx. 2 weeks refrigerated. Half gal \$20. Gal \$30.

Organic Dragon fruit Smoothie (gf)- Consists of dragon fruit (tastes similar to a kiwi; boosts immune system, can help with eyesight), banana, almond milk, and dates. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Mango Green Smoothie (gf)- Consists of mangos, spring mix, and bananas- high in vitamin C, antioxidants, and minerals. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Vanilla Protein Shake (gf)-almond milk, vanilla, bananas, vegan protein powder, and dates. Can also come as un chocolate, chocolate, pineapple, mango, or berry protein shake. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Organic Banana Berry Smoothie (gf)- Consists of blueberries, raspberries, strawberries, blackberries, bananas, and dates. Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Organic Orange Banana Smoothie (gf)- Orange juice and bananas- simple yet delicious! Half gal \$20; Gal \$30. Shelf Life approx. 2 days refrigerated.

Blueberry Meal Replacement Smoothie (gf) - This smoothie replaces a meal/ great for energy and weight loss; consists of blueberries (can come as chocolate or strawberry or vanilla), bananas, almond milk, flax seeds, pea protein, coconut, chia seeds, rice protein, kelp, stevia, probiotics, sprouts, and amla. (320 calories, 5 g fat, 20 g protein, 50% vit D/A/C/K/Folate, 40% iron, 200% vit B12, over 100% B-complex. Half gal \$30; Gal \$40. Shelf Life approx. 2 days refrigerated.

Organic Detox Tea (gf)- Consists of 10 different detoxifying herbs including dandelion, almond milk, and maple syrup. UNSWEETENED BY REQUEST. Can be served hot or cold. Half gal \$20; Gal \$30. Shelf Life approx. 5 days refrigerated.

Entrees

****If purchased in bulk: square pan=\$40 (about 4 servings), rectangular pan (about 8 to 10 servings) = \$79**

Live Falafel (live) (cgf)-Consists of sunflower seeds, tahina, cashews, herbs, and spices. 3 falafel balls come on a lettuce leaf, topped with tomatoes, onions, cucumber, olives, tahina sauce. Comes with pita bread by request. Shelf Life approx. 1 week in refrigerator; can be frozen for longer shelf life.

Blackeye Peas (cooked) (gf)- Consists blackeye peas, mushrooms, celery, herbs and spices and sometimes mushrooms. Shelf life of approx. 4 days refrigerated.

Organic Taco Salad (cooked) (cgf)-Consists of sunflower taco 'meat', avocado, tomatoes, onions, bell peppers, carrots, cashew cheese, spring mix, herbs, and spices and tortilla chips. Shelf life of 2 days refrigerated.

Live pizza (Live/slightly warmed) (gf)– Consists of cashew crust, cashew cheese, tomato sauce, Italian herbs, and seasonal veggies. (priced differently than other entrees; comes as a whole square or whole circle pizza for \$40). Shelf Life of approx. 3 days refrigerated.

Can also come as a baked pizza on a wheat crust (Shelf Life approx. 1 week refrigerated; can freeze for longer shelf life) (Whole pizza \$30)

Can also come as pita pizza (an individual pizza on pita bread) (Shelf Life approx. 1 week refrigerated; can freeze for longer shelf life)

Organic High Protein Burger (cooked) (cgf)- consists of beans (your choice of black beans, lentils, black eye peas or quinoa), flaxseeds, oats, bell peppers, onions, celery, herbs and spices. Comes on a wheat bun or lettuce leaf with tomatoes, onions, lettuce, and organic pickles. **Ezekiel bread \$1.50 extra**

Shelf life approx. 5 days in refrigerator. Can be frozen to extend shelf life.

Cashew Burger (Live/NOT HEATED) (cgf)- Burger patty made from cashews, sunflower seeds, herbs and spices. Comes on a wheat bun or lettuce leaf with tomatoes, onions, lettuce, and organic pickles. A top seller! **Ezekiel bread or \$1.50 extra. BBQ sauce for .50! Can also be used to make meat balls. Shelf life approx. 5 days in refrigerator. Can be frozen to extend shelf life.**

Organic Spaghetti (cooked)-Organic wheat noodles (**ALSO CAN COME AS CHIKPEA or Quinoa NOODLES**) (**CAN ALSO BE MADE WITH RAW ZUCHINNI NOODLES**) topped with our signature tomato sauce, sunflower oil, celery, onions, mushrooms, herbs and spices. **Vegan Meatballs for \$1 extra. Shelf Life approx. 4 days refrigerated.**

Organic Meal Replacement Salad (live) (gf)- This salad is a complete meal, consisting of a wide range of vitamins and minerals. Consists of organic spring mix, tomatoes, onions, sea veggies, cucumber or zucchini or yellow squash, carrots, celery, bell peppers, avocados, cashew burger crumbles and kelp noodles, and our vegan ranch dressing. Comes with portabella mushrooms and beans by request. Shelf Life 2 days refrigerated.

Live BBQ (live) (gf)-BBQ mix made from cashews, onions, celery, herbs, and spices, and our signature BBQ sauce- comes as a sandwich on a wheat bun or on a lettuce leaf or wheat wrap bread. Shelf Life approx. 4 days refrigerated. Can be frozen to extend shelf life.

Jackfruit Taco (cooked) (gf) Sauteed jackfruit with onions, bell peppers herbs, and spices, comes on a soft taco shell, spring mix, tomatoes, cashew cheese, onions. Shelf Life approx. 5 days refrigerated. Can be frozen to extend shelf life.

Blue Chickpea Taco (cooked) (gf) - Consists of our chickpea taco made from tomatoes, onions, celery, bell peppers, sunflower oil, herbs, and spices. Comes on an organic blue taco shell with spring mix tomatoes, onions, and sunflower seed cheese. Shelf Life approx. 5 days refrigerated.

Black bean Steak Wrap (cgf) (Cooked)- Consists of our black bean steaks which are made from black beans, oats, sunflower seeds, bell peppers, onions, celery, herbs and spices. Comes on a wheat wrap or lettuce leaf or wheat bun with spring mix, tomatoes, onions, and vegan steak sauce. Shelf Life approx. 5 days refrigerated. Can be frozen to extend shelf life.

Veggie Delight Sandwich (live) (cgf) Comes on a bun or lettuce leaf or wheat wrap or pita bread, topped with avocado, vegan mayo, mustard, onions, celery, sea veggies, tomatoes, zucchini, carrots, bell peppers, herbs, and spices. Shelf Life approx. 2 days refrigerated.

Vegan Macaroni (cooked) – Wheat macaroni noodles (**can also come as chickpea macaroni noodles**) topped with our signature cashew cheese. Shelf Life approx. 5 days refrigerated.

Sauteed Eggplant over Brown Rice (cooked) (cgf)– Consists of eggplant, brown rice, onions, herbs and spices. Simple, delicious, low fat, low calorie! Shelf Life approx. 3 days refrigerated.

Live Mock Chik Wrap (Live)– Our signature mock chick salad (made from cashews, mayo, onions, celery, pickles, herbs, and spices) served on lettuce leaf or wheat wrap or wheat bun, rice paper wrap, or pita bread topped with spring mix, tomatoes, mayo, onions. Shelf Life approx. 3 days. Freezing can extend shelf life.

Live Organic Rice Paper Wraps (Live) (gf)– Consists of avocados, bell peppers, onions, spring mix, tomatoes, zucchini, mustard, vegan mayo, herbs, and spices wrapped in rice paper (made from brown rice and water)- a fun way to consume raw nutrient dense vegetables! Shelf Life approx. 2 days.

Live Zucchini Lasagna (Live) (gf)– Consists of raw zucchini lasagna noodles, tomato sauce, cashew cheese, Italian seasonings, seasonal vegetables, herbs, and spices. Can come dehydrated or at room temperature. Cannot be heated in an oven. Shelf Life approx. 3 days. **CAN ALSO COME AS WHEAT NOODLES FOR A COOKED VERSION OF LASAGNA.**

BBQ Pulled Un-pork (cooked) (cgf)–Made from sautéed jackfruit, sunflower oil, onions, bell peppers, celery, and our signature BBQ sauce. Comes on a wheat bun or lettuce leaf. **Can come on wheat bun, lettuce leaf, pita, or Ezekiel bread.** Shelf Life approx. 4 days refrigerated. Freezing can extend shelf life.

Vegan Meat Loaf (live) (gf)- Consists of mushrooms, almonds, sunflower seeds, walnuts, celery, tomatoes, bell peppers, onions fresh herbs and spices. Dehydrated at 105 degrees. (Priced differently from other entrees. Only comes in a square pan for \$50). Shelf Life approx. 4 days refrigerated. Freezing can extend shelf life.

Vegan Potpie (cooked)- Potatoes, carrots, green peas, onions, portabella, vegetable broth, herbs and spices, comes in a wheat pie crust. (priced differently than other entrees; 1 pie for \$30) Shelf life approx. 4 days refrigerated.

Carrot Tuna (Live) (gf)- Consists of carrots, sea vegetables, vegan mayo, mustard, organic pickles, onions, celery, herbs, and spices. Can come as a wrap, pita, or on a wheat bun. Shelf Life approx. 3 days refrigerated.

Stir Fry Vegetable Rice (cooked) (gf)- Seasonal vegetables, mushrooms, onions, celery, sunflower oil, garlic, brown rice, herbs, and spices. Can come with quinoa instead of brown rice. Shelf Life approx. 5 days refrigerated.

Pizza Hummus Wrap (cooked) (cgf)- pizza hummus made from great northern beans or chickpeas, tomatoes, Italian herbs and spices, comes on a wheat tortilla with spring mix, tomatoes, onions, mushrooms, and bell peppers. Can also come on a wheat bun or in a pita. Shelf Life approx. 5 days refrigerated.

Cauliflower Not Wings (live) (gf)- (Not served piping hot!)-Cauliflower, our signature BBQ sauce, almonds, herbs and spices, dehydrated at 115 degrees. Shelf Life approx. 5 days refrigerated.

Portabella Steak Wrap (cooked)(cgf)-Sautéed Portabella on lettuce leaf or wheat wrap with mayo, spring mix, tomatoes, onions, and celery. Shelf Life approx. 4 days refrigerated.

Red Beans and Rice (cooked)(gf)-Red beans, mushrooms, brown rice, onions, celery, sunflower oil, and herbs and spices. Shelf Life approx. 5 days.

Purple Cabbage Burrito (live) (gf)-Sunflower burrito mix, carrots, onions, tomatoes, avocado, cashew cheese, and spring mix. Comes on a raw purple cabbage leaf. Can also come on a wheat tortilla wrap. Shelf Life approx. 5 days. Freezing can extend shelf life.

Veggie Fish (Cooked) (gf)- Consists of sliced eggplant (A FAT BURNING FOOD), seasoned with herbs and spices and nori. Shelf Life approx. 4 days refrigerated.

Eggplant Parmesan (Cooked) (gf)- Sliced eggplant (A FAT BURNING FOOD) layered with our signature tomato sauce/cashew cheese, also consists of mushrooms, onions, bell peppers, celery, and seasonal vegetables. Like lasagna but made from eggplant. Shelf Life approx. 4 days refrigerated.

Chickpea Tuna- made from nori, chickpeas, vegan mayo, celery, onions, organic pickles, herbs, and spices. Comes on a lettuce leaf, wheat bun, pita, or wheat wrap. Shelf Life approx. 4 days refrigerated.

Organic Quinoa Wrap (cooked)(cgf)- Consists of sautéed quinoa, tomatoes, onions, vegan mayo and avocados; comes on a wheat wrap or lettuce leaf. Shelf Life approx. 4 days refrigerated.

Hashbrown (cooked) (gf)- Shredded potatoes, sautéed in sunflower oil with onions, bell peppers, celery, herbs and spices. Shelf Life approx. 4 days refrigerated.

Chickpea Omlett (cooked)(gf)- made from chickpeas, bell peppers, onions, celery, tomatoes, mushrooms, herbs and spices. A high protein, low fat vegan omlett. Shelf Life approx. 3 days refrigerated.

Oat waffles (cooked) (gf)-oat based waffle mix with flax seeds, almond milk and date syrup. A healthy guilt free waffle. Shelf Life approx. 3 days refrigerated.

Banana Crepes (Live) (gf)- crepe made from bananas, flax seeds, vanilla, dehydrated at 118 degrees. Crepe topped with seasonal fruits and cashew whipped cream.

Desserts

Live cookies and cream cheesecake (live/gf)- Made from cashews, almond milk, and organic vegan cream filled cookies (whole pie \$30); Can also come as a pumpkin cheesecake during certain times of the year. Can also come as a berry cheesecake. Shelf Live approx. 3 days refrigerated. Freezing can extend shelf life

Gluten Free Chocolate Cupcakes (cooked) (gf) - Consists of rice flour, turbinado sugar, cocoa, coconut oil. Dozen \$25. Shelf Life approx. 1 week refrigerated.

Low Fat Chocolate Chip Cookie (cooked) (gf)- almonds, chickpea flour, dates, vanilla, and vegan chocolate chips. Dozen \$25. Shelf Life approx. 1 week. Can be frozen to extend shelf life.

Fat Free Gluten Free Banana Berry Oatmeal Cookies (cooked) (gf) - Consists oats, berries, bananas, flax seeds, and dates. Dozen \$25 Shelf Life approx. 1 week. Can be frozen to extend shelf life.

Live Cream Filled Cookies (gf)- 3 cream filled cookies consist of cashews, cocoa, almonds, sunflower seeds, and dates. Dozen \$25. Shelf Life approx. 4 days. Can be frozen to extend shelf life.

Oatmeal Cookies (Cooked) (gf) -Consists of wheat flour, oats, vanilla, cinnamon, nutmeg, turbinado sugar. Dozen \$25. Shelf Life approx. 4 days. Can be frozen to extend shelf life.

No bake apple pie (live) (gf)- Dehydrated at 105 degrees; consists of almond cashew date crust, apples, cinnamon, banana. \$30 for 1 pie. Shelf Life approx. 4 days. Can be frozen to extend shelf life.

Apple Crisp (cooked)(gf)- A healthier version of an apple pie; made from apples, granola, cinnamon, nutmeg, vanilla. (1 square pan \$40)

Energy Balls (live)(gf) – Made from oats, cashews, dates, sunflower seeds, and hemp coconut, cocoa. 2 Dozen \$25. Shelf Life approx. 4 days. Can be frozen to extend shelf life.

No Bake Brownies (live)(gf) – Made from almonds, cocoa, dates, vanilla, and coconut. Dozen \$25. Shelf Life approx. 4 days. Can be frozen to extend shelf life.

No bake Blueberry Donut Hole (live) (gf) - Consists of cashews, blueberries, dates, coconut. 2 Dozen \$25. Shelf Life approx. 4 days. Can be frozen to extend shelf life

NEW Weight Loss Brownies (cooked)(gf) – Made from Hannah Yams, cocoa or carob (your choice), dates, vanilla, and oats. Dozen \$25. Shelf Life approx. 5 days. Can be frozen to extend shelf life. **Low in calories and Low in Fat.**

NEW Weight Loss Chocolate Pudding (cooked)(gf)- Made from Hannah Yams, almond milk, vanilla, dates, and your choice of carob or cacao. Shelf Life approx. 5 days. **Low in calories and Low in Fat.**