

SIMPLE COMBINATION DINNERS

Easy meals using a few store-bought ingredients prepared in only a few minutes - read labels and be creative!



VEGAN GYRO

- VEGAN STEAK, GREEK SEASONING, OLIVE OIL
- CHERRY TOMATOES, RED ONION, VEGAN TZATZKI
- PITA'S



SIMPLE CHOWDER

- BOX OF PREPARED VEGAN SOUP (like butternut squash)
- CANNELLINI BEANS & CORN
- LEFTOVER RICE (if available)



NOODLE BOWL

- TOFU, CORNSTARCH, TERIYAKI
- RAMEN & VEGAN SEASONING (cooked & drained)
- Quick Stir fry: BROCCOLI, MUSHROOMS, SHREDDED CARROTS



TACO'S

- BEEF-LESS GROUND, TACO SEASONING
- FLOUR/ CORN TACO SHELLS
- CHERRY TOMATOES, LETTUCE, SALSA, & more



SIMPLE STIR FRY

- TOFU, CORNSTARCH, TERIYAKI
- NEUTRAL OIL, FRESH VEGGIES (BROCCOLI, BEANS, ETC)
- RICE



PESTO GNOCCHI

- PLANT BASED SAUSAGE
- GNOCCHI
- BROCCOLI
- VEGAN PESTO



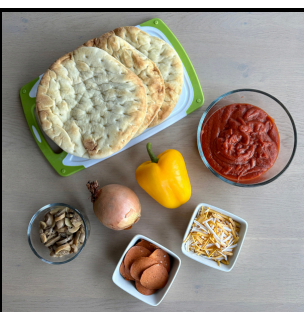
VEGAN SUSHI & DUMPLINGS

- VEGAN SUSHI at local grocery or package of VEGAN KIMBAP
- VEGAN DUMPLINGS
- DIPPING SAUCE



DINNER OMELET

- SAUTE ONION, PEPPER, MUSHROOMS, BROCCOLI
- Prepare JUST EGG Omelet
- VEGAN CHEESE



HOMEMADE PIZZA

- VEGAN PIZZA CRUST
- Sauté Veggies: ONION, PEPPER, MUSHROOMS
- PIZZA SAUCE, VEGAN MEAT & VEGAN CHEESE



VEGAN SLOPPY JOE'S

- BEEF-LESS GROUND
- CAN OF SLOPPY JOE SAUCE
- HEARTY BUN
- VEGGIE SIDE

**Always check food labels to ensure they're plant-based/vegan. Many products may be suitable, even without certification, while others you might think are vegan, aren't.*

Beginner Plant-Based Foods

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