

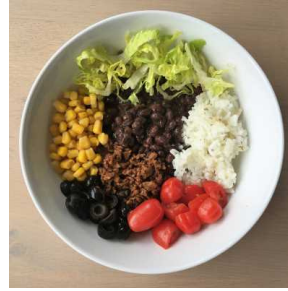
# TACOS, BURRITOS & BOWLS

A fiesta of fun with all your favorite combinations and additional ways to add homemade goodness

## Standard Dishes

Taco  
Burrito  
Bowl

Nacho  
Salad  
Fajita  
Quesadilla



## Tortillas & Shells

Soft Flour Taco or Burrito  
Corn  
Hard Shell  
Tostada  
Tortilla Chips

## Protein Fillers

Mock Meat Crumbles  
Black or Pinto Beans  
Refried Beans  
Jackfruit  
*All seasoned with Taco Seasoning  
of choice to taste*

## Toppings

Salsa  
Pico de Gallo  
Tomatoes  
Shred Lettuce  
Avocado  
Cilantro

Guacamole  
v-Cheese  
Corn  
Jalapeno's  
Olives  
v-Sour Cream

## Binding Fillers

White or Brown Rice  
Quinoa  
Mexican Rice (Packaged)  
Cilantro Lime Rice



## Quick Homemade Tips

**Cilantro Lime Rice:** Cook jasmine rice according to directions, adding in lime juice, cilantro, and salt to the water

**Pico de Gallo:** Eyeball it all! Cherry tomatoes, red onion, jalapeno, lime juice, cilantro & salt. Quick rough chop in food processor then taste, adjust, let sit & taste again.

**Guacamole:** Mash avocado and mix in the pico ingredients from above to taste

## Sides

*Prepare/purchase with vegan ingredients &  
omit a non-vegan component if needed*

Refried Beans  
Mexican Rice  
Mex Street Corn (no cheese)  
Mexican Coleslaw (v-mayo)



## Fish-Less Twist

Gardein F'sh Filet with  
v-Mexican Coleslaw

*Package shredded cabbage, red onion, olive  
oil, red wine vinegar, salt & pepper, cumin,  
(jalapeno & cilantro)*



## Sheet Pan Fajita Veggies

**Slice favorite veggies:** onions, bell pepper, zucchini, cauliflower **Add:** can black beans

**Season with:** simple packaged taco seasoning - **OR** - an amazing marinade: 1/4C  
olive oil, 1/4C lime juice, 1T minced garlic, 1T maple syrup, 1tsp each cumin & chili  
powder & paprika, 1/2tsp each salt & pepper

**Toss & roast at 425° for approximately 30 mins (mixing often) until slightly charred**

*\*Always read the packaged food ingredient list to make sure it contains  
only Plant Based items. Many items do not carry the Vegan seal but may  
be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

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