

UNDER THE BUN

Easy to prepare and enjoyable to the senses - who doesn't love everything under the bun



Plant Based Burger/v-Cheeseburger

So many choices from Impossible & Beyond Beef to Gardein and Boca's "Vegan Veggie" they all may not be healthy, but some are way more indulgent than others

Prepare according to directions and add a v-cheese cooked low and slow if desired.

Top With: ketchup, mustard, v-mayo, pickles, tomatoes, & lettuce.

Or: saute mushrooms & onions in v-butter, garlic powder, v-worcestershire, salt & pepper



Chicken-Less Patty's

There are many varieties of chicken-less patty's (spicy to original) air fry for extra crispness

Prepare according to directions. Top with v-mayo and pickles for that favorite restaurant chain flavor, or kick it up with mustard and a tomato slice.



Pulled Pork-Less Sandwich

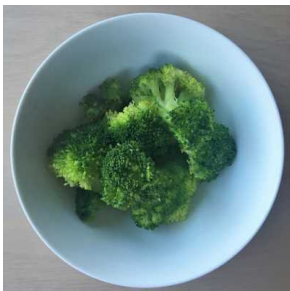
Amazing jackfruit has the same texture as pulled pork - you won't notice the difference
Drain & shred a 20oz can of jackfruit. Heat drizzle of olive oil & cook down a sliced onion about 5 min, add jackfruit & cook another 5 min. Add your favorite v-BBQ sauce to taste. Cook another 10 min on medium heat to caramelize slightly. Add v-coleslaw to top or make your own with bagged cabbage and Brianna's Poppyseed Dressing.



Fish-Less Sandwich

Surprisingly close to the real thing

Cook a "fish-less" alternative according to package directions. Top with lettuce and tomato and a v-tarter sauce. It's easy to make your own, just combine v-mayo and relish - all to taste.



Easy Sides

On the healthy side: microwaved frozen (mixed) veggies, sauteed green beans, steamed fresh broccoli, roasted baby carrots, small side salad (easy to assemble from your salad organizer container)

More indulgent options: tater tots, sweet potato fries, french fries, kettle chips

**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

ORGANIZING
a Plant Based Life.com