

WEEKDAY LUNCH

Easily portable meals that are quick to prepare with more healthy ingredients



Quinoa Salad

This ancient grain is the perfect go-to salad multiple times a week - dress it up many ways
Combine approx 1 cup cooked quinoa with veggies from your "salad organizer container" choose your veggies: cherry tomatoes, cucumbers, shredded carrots, radishes, cut broccoli, sliced olives, red onion, mushrooms, sun dried tomatoes, bell peppers. Pick your bean of the day and top with a light dressing or balsamic vinegar.



Lunch Size Salad

Healthy salads with all the fixings assembled easily from your "Salad Organizer Container"
Rotate your lettuce choice (spinach, romaine, spring, kale). Choose your veggies from your "salad organizer container." Select your rotating bean (kidney, black, garbanzo, cannellini). Add a v-cheese like *Violife V-Feta* for variety and toss with your favorite v-dressing.



Veggie Sandwich

Slathered with hummus and loaded with veggies - you will love this sandwich
Spread an ample amount of tasty hummus on a pita or whole grain bread. Fill with any contents from your "salad organizer container" like cucumbers, tomatoes, shredded carrots, bell peppers, onions, mushrooms, sprouts. Add a warmed falafel for an extra kick of protein and drizzle a little v-Italian dressing on top.



Soup

Simple can of plant based soup from the store or leftovers from your fridge
Who doesn't love soup and the warm and hearty goodness that you feel when you pull it out of the microwave in the middle of the week. Indulge with few crackers or a slice of bread to top it off. Add a piece of fruit to end the meal with a little bit of sweet.



Leftovers

Your favorite meals come in handy to serve as a warm and satiating lunch
Whatever you had last night or the night before! Package it up in a single serve portable dish when you are cleaning up and you won't have to prepare anything in the morning, perfect for grab and go.

**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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