

WEEKDAY LUNCH

Easily portable meals that are quick to prepare with ingredients that are considered on the healthier side



QUINOA SALAD

This ancient grain is the perfect go-to salad multiple times a week - dress it up many ways
Cook & cool 1 cup **QUINOA** and combine with any preferred chopped veggies: **CHERRY TOMATOES, CUCUMBERS, SHREDDED CARROTS, RADISHES, BROCCOLI, SLICED OLIVES, RED ONION, MUSHROOMS, & BELL PEPPERS**. Choose from a variety of **BEANS** (kidney, garbanzo, etc.) & 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 choice of **LETTUCE** (spinach, romaine, spring, kale). Choose your **VEGGIES** from the selection above. Select your rotating **BEAN** (kidney, black, garbanzo, cannellini) and toss with your favorite **PLANT BASED DRESSING**. Tip - assemble a container with all your veggies to make preparation a snap!



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 preferred veggies like **CUCUMBERS, CHERRY TOMATOES, SHREDDED CARROTS, BELL PEPPER, MUSHROOMS, ONIONS, or SPROUTS**. Add a warmed **FALAFEL** for an extra kick of protein and drizzle a little **VEGAN ITALIAN DRESSING**.



CANNED SOUP

Simple can of plant based soup from the store or leftovers from your fridge
An easy busy mid-week lunch starts with a can of tasty **VEGAN SOUP**. Add a few **CRACKERS** or slice of **HEARTY GRAIN BREAD** to complete the meal. Then top it off with a piece of **FRUIT**. Zero prep and couldn't be easier.



LEFTOVERS

Your favorite meals come in handy to serve as a warm and satiating lunch
Don't discount the **LEFTOVERS**! Package up last night's meal in a single serve portable dish for the perfect grab and go as you are heading out the door. It's so simple you don't even have to think about it.

**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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