

WEEKEND BREAKFAST

Slightly more indulgent breakfast options that take 5-10 minutes with basic pantry items



Avocado Toast

Avocado's are a nutrient rich healthy food that tastes delicious

Mash up an avocado and mix in cut grape tomatoes. Season with an "Everything But the Bagel" seasoning or simple salt & pepper. For a kick add some red pepper flakes. Dollop on top of a hearty whole grain toast or Ezekial bread



Breakfast Sandwich

Plant Based Sausage is a real treat and your taste buds think it is the original

Cook plant based sausage according to package instructions. Toast a plant based english muffin and top with a plant based butter substitute. Combine it all together for the perfect savory sandwich. If you are really feeling daring then cook up some "Just Egg" to add to the sandwich!



Quick Tofu Scramble

Tofu when cooked into a scramble really resembles a real scrambled egg

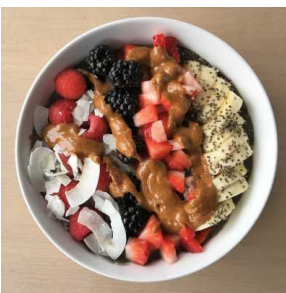
Drain tofu, place onto a clean towel, press excess water out and break apart into small pieces. Place into heated fry pan over medium heat. Add salt & pepper, garlic powder, onion powder, turmeric & Italian seasoning to taste. Then cook to desired consistency. Kick it up with sautéed peppers & onions.



Hearty Bagel with Toppings

Everyone loves a hearty bagel, indulge once in a while

Toast and top your favorite bagel with a plant based butter substitute or vegan cream cheese and add an "Everything But the Bagel" seasoning to taste. Or shake it up and top with peanut or nut butter or jam.



Smoothie Bowl

This is a kicked up version of a protein shake

Blend together protein powder with v-milk of choice, a handful of spinach, frozen mixed berries, scoop of peanut or nut butter, 1-2 dates, cocoa powder & hemp/flax/chia. Pour into bowl and top with cut banana, granola, dried coconut & anything else you choose. No right or wrong just try any and every combo.

**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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a Plant Based Life.com