

WEEKEND LUNCH

An enjoyable lunch time meal, spend a few minutes on prep & choose a few more indulgent ingredients



V-Grilled Cheese

You don't have to give up the grilled cheese - just find a v-cheese that you enjoy
Spread v-butter on the outside of two pieces of bread of choice (like rye, wheat, sourdough, etc). Add 1 or 2 slices of v-cheese (*hands down our favorite is Violife brand*) between the bread along with thinly sliced red onion and cut tomato with a hint of salt



V-BLT

You don't have to give up a delicious BLT just choose the right v-bacon
Prepare v-bacon according to package directions (our favorite brand is "Lightlife" because it has a similar taste and texture to turkey bacon). Toast two pieces of bread and spread on v-mayo. Layer v-bacon, lettuce & tomato



Jazzed Up Ramen

Enjoy this economical & zesty soup but add some fun ingredients to jazz it up
Use packaged ramen and throw away the seasonings if you can't find a v option and instead use "better than bullion" vegetable base. Chop up a few handfuls of baby carrots (or shredded) and cook for about 5 min to soften before adding the noodles.
Option: Add any leftover like tofu or cooked veggies to jazz it up even more



V-Mac & Cheese

Quick comforting & creamy goodness in a snap
Look for any brand of v-mac & cheese (*our favorite is Modern Table made from lentils, rice and peas*). Easy to prepare according to package instructions. Or cook up some plain elbow noodles and sprinke in some v-cheese (*Violife is best*) and mix together with a sprinkle of salt



Quesadilla

A Snap to Prepare
Load v-refried beans (w taco seasoning) inside 2 tortillas & brown on both sides. Top w/ tomatoes, salsa & more



Toasted Wrap

Hearty & Flavorful
Burrito size tortilla layered w/ hummus, warmed falafel, tomatoes, cuc's & more.
Folded & grilled

**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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