

# WEEKEND LUNCH

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



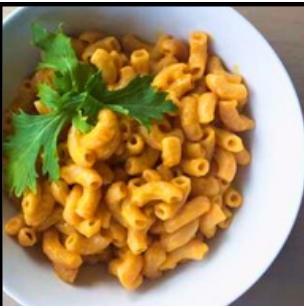
## GRILLED CHEEZE

*You don't have to give up grilled cheese - just find a vegan cheese that you enjoy*  
Spread **PLANT BASED BUTTER** on the outside of two pieces of your favorite **BREAD** of choice (rye, wheat, sourdough, etc.). Add 1 or 2 slices of your favorite **VEGAN CHEESE** between the bread along with thinly sliced **RED ONION** and cut **TOMATO**. Sprinkle with a hint of **SALT** and heat low & slow in covered skillet until cheese melts.



## VEGAN BLT

*The salty tones of vegan bacon still pair perfectly with tomatoes and lettuce*  
Prepare favorite **VEGAN BACON** according to package directions. Toast two pieces of **HEARTY BREAD** and spread on **VEGAN MAYO**. Layer v-bacon, **LETTUCE & TOMATO**.



## VEGAN MAC & CHEESE

*Quick comforting & creamy goodness in a snap when you find a store-bought fix*  
Choose your favorite box of **PLANT BASED MAC & CHEESE** and prepare according to package instructions. We recommend trying several brands to find your favorite, there are so many on the market today. Or cook up some plain elbow noodles, add some vegan cheese shreds (or v-cheese sauce), mix well, and add a sprinkle of salt.



## QUESADILLA

*Surprisingly simple, filling, and delicious all using pantry staples*  
Mix together **TACO SEASONING** and a can of **VEGAN REFRIED BEANS** to taste. Fill two **FLOUR or CORN TORTILLAS** and heat in skillet until brown on both sides. Top with your favorite toppings, like **TOMATOES, SALSA, AVOCADO, VEGAN SOUR CREAM**, and more.



## TOASTED WRAP

*This wrap comes together in no time and fills you up*  
Prepare **FALAFEL** according to package. Fill a **BURRITO-SIZE TORTILLA** with the falafel and **HUMMUS, TOMATOES, CUCUMBERS**, and more. Fold into burrito and grill over medium heat until browned on two sides.

*\*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.*

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