

# Vegan Lunch Box

Look out for these vegan friendly brands in your local grocery store!



## Milk, Yogurt, Pudding

Almond Breeze  
Silk  
Kite Hill  
So Delicious  
Tofutti  
Zen Organic

## Deli Slices/Cheese

Daiya  
Field Roast  
Tofurky  
Follow Your Heart  
Miyokos  
So Delicious

## Frozen Meals/Other Meat Alternatives

Gardein  
Beyond Meat  
Sweet Earth  
Amy's Vegan Meals

Never fear! Putting together a vegan lunch box is fun and easy!

## Main Dish

Veggie wraps, PB & J, bagels with vegan cream cheese, oatmeal or granola with fruit, vegan deli sandwiches, pasta salad...



## Snacks

Fresh fruit, veggies and hummus dip, almonds, raisins, peanutbutter and apples, potato chips, pita chips, vegan yogurt, graham crackers, Chex Mix...



## Liquids

Vegetable Soup thermoses, orange juice, sweet tea, vegan chocolate milk (almond, coconut, or soy), soda pop, good old fashioned water...



## Extra Treats

Oreos, Skittles, Justin's dark chocolate peanutbutter cups, brown sugar pita chips, vegan pudding cups...





PASADO'S SAFE HAVEN

# Vegan Lunch Box Recipes



## Almond Butter Fruit Wrap

Large flour tortilla  
Almond butter, to spread  
One medium banana, sliced  
(mix it up with sliced strawberries or add agave for extra sweetness!)

## Hummus Wrap

Large flour tortilla  
Leafy greens of choice  
Red & yellow bell peppers, sliced  
Cucumber slices  
Hummus, to spread  
Salt, to taste

## Simple Pasta Salad

1/4 lb penne  
1/4 15-oz can of black beans, drained & rinsed  
1/4 C chopped red bell pepper  
1/4 C corn  
1 tsp lime juice  
1 tsp olive oil  
Agave or sugar, to taste  
Pinch of salt

## PB & Banana Smoothie

2 bananas, sliced  
2 C almond milk  
1/2 C peanut butter  
2 Tbs agave, or to taste  
2 C ice cubes

Blend all ingredients until smooth, about 30 seconds

## Mac & Cheese & Broccoli

3 yukon potatoes  
3 carrots  
1/2 C water  
1/4 C Nutritional Yeast (+ 2 Tbs)  
(Look in the bulk section!)  
2 Tbs lemon juice  
1 tsp apple cider vinegar  
1 tsp salt  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp mustard  
Pinch of turmeric powder  
2 C elbow macaroni (uncooked)  
1 bag frozen broccoli

Dice potatoes & carrots  
Boil for ten minutes and cool for 5 minutes  
Pulse veggies and 1/2 C water in blender  
Add rest of ingredients, blend until smooth  
Boil pasta until al dente and add broccoli to last 5 minutes of boiling pasta  
Drain and combine all ingredients in bowl.



## Beans & Rice Burrito

Large flour tortilla  
1/4 C Mexican style rice  
1/4 avocado, sliced  
2 Tbs black beans  
drained & rinsed  
Salt & pepper, to taste

## Potato Salad

1 1/2 lbs yellow potatoes  
1 C vegan mayo (check the "natural" food section!)  
1 Tbs white vinegar  
1 Tbs mustard  
2-3 dill pickles  
Salt & pepper, to taste

Boil potatoes until mostly tender  
Combine remaining ingredients into bowl. Chill until used.  
Let potatoes cool and cut into quarters. Combine with dressing and chill for 1 hour.

## Chocolate Truffles

1 medium avocado  
10 oz dark chocolate chips  
2 Tbs cocoa powder

Puree avocado. Carefully melt chocolate chips in microwave (10 secs at a time).  
Mix avocado and chips then chill for 1 hour. Scoop out 1 Tbs of the mixture and form into balls. Cover in cocoa powder and enjoy!