



Plant Based Meals

This guide provides some ideas on what a plant-based eating day could look like.

Breakfasts

- Toast with nut butter and a small drizzle of honey (optional)
- Banana or apple slices with nut or seed butter
- Oatmeal, or quinoa, topped with chopped nuts, pinch of brown sugar and cinnamon (or add a small amount of fruit preserves instead of brown sugar).
- A small amount of coconut or almond milk based smoothie, nuts of choice
- Tofu scramble with veggies of choice, placed on a small amount of brown rice, hot sauce

Lunches and Dinners

- Avocado, tomato sandwich (add a pinch of garlic powder or some sprouts), nuts, apple banana, small piece of dark chocolate
- Stir-fried noodles such as: vegetable fried saimin or yakisoba
- Sautéed tempeh and veggies, with rice
- Avocado rice bowl topped with shoyu and furikake
- Taco salad: pinto beans, over lettuce and sautéed veggies of choice, topped with salsa and corn chips or tortilla, orange
- Fried rice with vegetables and cashews, side of pineapple
- Bean soup of choice, sweet potato, pineapple
- Coconut milk based veggie soup, side of rice, grapes
- Hummus, bread, side of carrots and bell pepper, nuts, apple slices topped with cinnamon
- Maki rolls, soybeans, seaweed salad, piece of mochi, tea
- Roasted beets, sweet potatoes and carrots alongside, coconut milk infused rice, nuts
- Romaine lettuce, topped with garbanzo beans and other veggies of choices, olive oil and herbs, baked sweet potato or whole grain roll.
- Tofu, sandwich, topped with pickled veggies (*Bánh mì*) side salad.
- Bowl of vegetable soup, piece of baguette,
- Pasta or rice noodles tossed with sautéed veggies, olive oil or sesame oil, fruit of choice
- Bean burger topped with veggies and mustard, almonds, fruit
- Grilled veggies, sautéed zucchini, squash, and carrots in olive oil and herbs, with couscous or quinoa.
- Grilled veggies of choice, tofu, served over brown rice, mochi
- Sweet potato laulau, poi, haupia