

Vegan Teens on the Go

If you're like most teens, you live a hectic life. Staying well fed throughout your busy days when you're vegan, takes careful planning.



Here are some tips to make your days smoother



Breakfast Take time to start your day off right with a good meal. Whole grain breads and cereals, fruit, nut butters, smoothies and soy milk make great options.

Pack for the Day. Lets Get started!

The lunch box: This can be an insulated bag of any kind with an ice pack or two. For your lunch and each snack, try to pack a variety of foods from the following groups. Be creative!

Lunch A well planned lunch is like putting together a puzzle. Choosing foods from all the food groups will be easy if you prepare ahead.

Snacks These are like little meals and are very important.



Proteins

- Nut butters
- Roasted legumes
- Tofu or bean sandwich spreads
- Grilled tofu
- Hummus
- Seeds



Fruits and Vegetables

- Carrots
- Celery
- Jicama
- Peppers
- Whole fruits
- Fruit salads
- Baked white and sweet potatoes



Fats

- Salad dressing
- Avocado
- Soy milk based dip



Grains

- Whole grain breads
- Whole grain crackers
- Breadsticks
- Unsweetened cereals



Here are some GREAT lunchbox filler ideas!

Chick Pea Sandwich Spread

1 (15oz) can garbanzo beans
1 stalk celery, chopped
 $\frac{1}{2}$ onion, chopped
1 tbsp vegan mayo
1 tbsp lemon juice
1 tsp dried dill weed
salt and pepper to taste

Directions

Drain, rinse and mash chickpeas. Mix in celery, onion, mayonnaise, lemon juice, dill, salt and pepper to taste. Serve on whole grain bread. Makes 4 sandwiches.



Black Bean Burger

1 (15oz) can black beans
 $\frac{1}{2}$ onion, diced
 $\frac{1}{2}$ cup flour
2 slices bread, crumbled
1 tsp garlic powder
1 tsp onion powder
 $\frac{1}{2}$ tsp seasoned salt
pepper to taste

Directions

Drain, rinse, and mash beans. Add all ingredients. Form into patties. Grill or fry in a small amount of oil until slightly firm. Serve on whole grain roll with lettuce and tomatoes. Makes 4 burgers.



Mexican Wrap

On a whole grain wrap, spread $\frac{1}{2}$ cup refried beans. Add lettuce, tomatoes, vegan cheese of choice, corn, jicama, avocado and salsa.



Hummus Pita

Spread $\frac{1}{2}$ cup of your favorite hummus on a whole grain pita half. Add spinach, tomatoes, sprouts, and cucumber.



Eggless Egg Salad

1 pound block firm tofu, crumbled
1 celery stalk, diced
 $\frac{1}{4}$ cup red onion, diced
 $\frac{1}{4}$ cup vegan mayo
1 $\frac{1}{2}$ tsp dill weed
1 $\frac{1}{2}$ tsp dry mustard
 $\frac{1}{2}$ tsp turmeric
 $\frac{1}{2}$ tsp horseradish
 $\frac{1}{2}$ tsp salt and pepper
1 tsp lemon juice

Directions

Mix all ingredients. Serve on whole grain bread. Makes four sandwiches.



Tofu Submarine Sandwich

Use last night's leftover tofu steaks to make a great sub. With a whole grain roll or bread and your favorite mayonnaise or mustard, add lettuce, tomatoes, and any other vegetables you like.



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