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. Let's 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.

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

**Fats**
- Salad dressing
- Avocado
- Soy milk based dip

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

**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
½ 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.

**Eggless Egg Salad**
1 pound block firm tofu, crumbled
1 celery stalk, diced
¼ cup red onion, diced
¼ cup vegan mayo
1 ½ tsp dill weed
1 ½ tsp dry mustard
1 tsp garlic powder
1 tsp onion powder
½ tsp seasoned salt
½ tsp salt and pepper
1 tsp lemon juice

**Directions**
Mix all ingredients. Serve on whole grain bread. Makes 4 sandwiches.

**Black Bean Burger**
1 (15oz) can black beans
½ onion, diced
½ cup flour
2 slices bread, crumbled
1 tsp garlic powder
1 tsp onion powder
½ tsp seasoned salt
Salt and 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 ½ cup refried beans. Add lettuce, tomatoes, vegan cheese of choice, corn, jicama, avocado and salsa.

**Hummus Pita**
Spread ½ cup of your favorite hummus on a whole grain pita half. Add spinach, tomatoes, sprouts, and cucumber.

**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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