Sample Vegan Lunch Menu Ideas

So Simple (No Chick'n) Caesar Salad (totals: 456 calories, 42.6g carbs, 24.3g protein, 21.5g fat)

- 2-3 cups organic baby spinach and romain (or other mixed salad greens)
- 1 celery stalk (chopped)
- 4-5 cherry tomatoes (cut in half)
- 2 strips of Gardein Ultimate plant-based Chicken tenders (air fried, and chopped)
- 1 slice whole wheat bread - toasted and cubed for crouton
- 1 tbsp vegan parmesan cheese shreds sprinkled on top
- 1 tbsp Field & Farmer Plant-based Ranch dressing (slightly diluted with 1 tbsp lemon juice - to coat entire top of salad)

No Chicken, Ultimate Chick'n Sandwich, and steamed veggies! (totals: 558 calories, 68g carbs, 35g protein, 20.2g fat)

- 1 Gardein Ultimate plant-based Chick'n Filet (air fried)
- 1 Lewis 'Healthy Life' sandwich bun
- 5-6 dill pickle chips (enough to cover one side of bun)
- 7-8 baby spinach leaves (enough to cover one side of bun)
- 1 tbsp Vegenaise (reduced fat)
- 1 tbsp bbq sauce (optional)
- 2 cups of fresh mixed veggies (steamed)

So Simple, open-face (Tu-No) Salad Sandwich *(ingredients below make approx. 2 servings)* (serving totals: 387 calories, 56.7g carbs, 18.6g protein, 7.5g fat)

- 1 can organic Garbonzo beans (aka. Chickpeas) (drained, and moderately mashed)
- 1 celery stalk (chopped)
- 1 green onion (chopped)
- 1 tbsp Vegenaise (reduced fat)
- 1 tbsp Field & Farmer plant-based Ranch dressing
- 2 tbsp organic yellow mustard
- 2 slices bread, or toast
- …Add salt and pepper to taste!

Tacos, beans and Spanish rice (totals: 357 calories, 75g carbs, 18.5g protein, 5.5g fat)

- 2 corn tortillas (steamed)
- ¼ green bell pepper (sliced)
- ¼ orange bell pepper (sliced)
- ¼ white onion (sliced)
- 2 medium portabella mushrooms (sliced)
- 2 tbsp red taco sauce
- ½ cup pinto beans (cooked)
- ½ cup Spanish/ Mexican rice (cooked)
- (optional) 1 Field & Roast plant-based chorizo sausage (crumbled, or sliced in half length-wise to fit two tacos) (additional: 220 cals, 13g carbs, 25g protein, 8g fat)

…More to come, but while I gather more info to update here, try the Menu Ideas above.

Come back soon!!