

SAMPLE PLANT-BASED MENU

BREAKFAST

CINNAMON APPLE OATMEAL

Rolled Oats with cinnamon, chopped apple, chia seeds, flax seeds, and optional granola and nutmeg.

AVOCADO TOAST

2 slices of your favorite bread (my choice is Dave's killer bread) or even home made bread! Topped with avocado, optional spinach, favorite seasonings (mine include everything bagel seasoning, and sometimes lemon pepper), and hemp seeds.

LUNCH

CHICKPEA TACOS

(Recipe on next slide)

Tacos (using any tortilla you like), filled with avocado, salsa, vegan cheese, lettuce, and anything you love on your tacos!

DINNER

KITE HILL TORTELINIS WITH SPAGHETTI AND MARINARA SAUCE

Kite Hill offers vegan tortelinis and raviolis that are so realistic and delicious. Pair this with brown rice pasta and tomato sauce and your gold. Top with nutritional yeast for additional flavor!

VEGGIE SUSHI ROLL

Make your own sushi roll. Use a nori seaweed sheet, white rice, any veggies- my choice is avocado, carrots, cooked sweet potato, and sometimes celery. Roll and dip in coconut aminos or soy sauce!

SNACKS

CHIPS AND SALSA

Find some organic tortilla chips and pair with fresh or store-bought salsa!

HIPPEAS

Delicious vegan chickpea puffs!

FRUIT SALAD OR SMOOTHIE

Assort your favorite fruits together in a bowl, my favorites are blueberries, raspberries, grapes, and kiwis! Or blend up frozen fruit, OJ, chia seeds, flax seeds, optional protein powder, and leafy greens for a yummy smoothie.

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Day12 Greener Challenge**

Vegan Chickpea Tacos

from elavegan.com

ingredients:

- tortillas

filling:

- 1 avocado chopped into cubes
 - 2 tomatoes diced
 - 1 1/2 cups chickpeas canned, drained and rinsed
 - 1 green pepper chopped
 - 1/2 big onion finely sliced
 - 6 tbsp red cabbage finely sliced
 - 1-2 tbsp balsamic vinegar (to roast the chickpeas)
 - 1-2 tbsp soy sauce gluten-free (to roast the chickpeas) fresh cilantro to taste
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Instructions:

1. Put the chickpeas in a pan/skillet together with the balsamic vinegar and soy sauce. Pan-fry at low-medium heat for about 5 minutes and stir frequently
2. Chop your veggies and the avocado. You can lightly sauté the veggies (onion, green pepper, red cabbage, tomatoes) in a pan/skillet for a few minutes with a little bit of oil or leave them raw.
3. Add everything to your shells and enjoy!

Veggie Sushi Rolls

Ingredients:

- Nori Seaweed Sheets
- White Sushi Rice
- 1 Sweet Potato
- 1 carrot
- 1 avocado
- Coconut Aminos or Soy Sauce



Instructions:

1. Cook sushi rice then let cool in the refrigerator.
2. Bake your sweet potato until soft enough to eat. And prepare other vegetables by slicing long strips of each.
3. Lay out the nori sheet and place + press down the rice as thick as you would like, cover all sections of the sheet.
4. Create a small line near the center of the rice with your veggies.
5. Get some water on your fingers and tightly roll your roll starting from the shorter side. Secure the seaweed with some more water. Enjoy!