

Meal Ideas

BREAKFAST:

- Use **Earth Balance Butter** (non-dairy buttery spread – awesome taste)
- **Whole wheat, grain, rye toast with jelly, jam, nut butter, earth balance**
- **Cereals** (with low sugar and fat content!) **with soymilk or apple juice**
- **Fruit! Eat all the fruit you want until noon for a good practice / cleansing**
- **Frozen waffles** (*Kashi Golean*) **non-dairy grain waffles and fast, easy and good**
- **Tofu scrambler – mix w/turmeric** (Phoenix Street Café, South Haven, Michigan has this on the menu in season)
- **Hash Browns – heat dry on a non-stick skillet ‘til browned. I like with BBQ sauce**
- **Oatmeal – 2 cup glass measuring cup in Microwave – 1 cup water, ½ cup oatmeal**
- **Boca** (veggie) **morning sausage – very tasty**
- **Granola – watch fat content. Easy to make own with no fat**
- **Soy yogurt**
- **Bagel with hummus and tomato**
- **Banana**
- **Nut butter on apple slices** (strawberries, pineapple etc. ...)
- **Rice bar from health food store**
- **Pan fried potatoes and onions**
- **Orange Pudding** (on **DVD**) use squash as well, omit rice as option
- **Morning Soup – blend 1 avocado, bunch spinach, lemon, cucumber, herbs, water**
- **Pancakes – can make these without eggs! Use soymilk rather than cow’s**
- **French Toast – 1 ½ cup soymilk, 2 Tbl. Flour, 2 Tbl. Nutritional yeast, Cinnamon, Vanilla, etc. ...**
- **Smoothie – Frozen banana, OJ, & Berries.**
- **English Muffin with soy cheese, and sausage**
- **Nut butter w/ sliced bananas and 100% fruit jam rolled up inside a tortilla**
- **Barley, Amaranth or other grains as a hot cereal**
- **Plain, Sesame or Cinnamon Raisin *Ezekiel* Bread** (sprouted, flourless)
- **Sucanat or Stevia – examples of healthier sweeteners**

For vegan recipes and other ideas, please visit www.Vegan-Gal.com

LUNCHES:

- *If you must do fast food try ... these 4 are pretty healthy options!*
 1. Subway – lettuce, tomato, cucumber, green pepper, carrots, spinach, olives, pickles, banana peppers, mustard, oregano, red wine vinegar
 2. Burger King – veggie burger with all the fixins' of a whopper (no cheese)
 3. Wendy's – Baked Potato with Broccoli and salad dressing or BBQ
 4. Taco Bell – ask for 7 layer burrito (order al fresco, without dairy). Yumm!
- Salad! Make it big. Get creative. Romaine, baby greens, spinach, Bibb or Boston lettuces. Nuts, fruit, beans, sprouts, potato, raisins, grapes, pineapple, avocado, shredded carrots, red cabbage, peanuts, pine nuts, mandarin oranges, garbanzo beans, sunflower seeds, apples, broccoli, kidney beans, flax seeds, sesame sticks, drained green beans etc. ...
- Chick Pea Smash – see [DVD](#) or [Website](#)
- Lettuce, Tomato, & Cucumber Sandwich – add avocado, sprouts etc. ...
- Hummus on whole grain bread or tortilla with cucumber, tomato & lettuce
- Refried beans w/ red pepper slices and salsa in a tortilla or lettuce leaves
- Veggie Wraps – use tortillas or other flat breads for change of pace
- Pita pocket filled with leftovers, sprouts, pasta etc. ...
- Start with a flour tortilla. Spread with hummus, sautéed portabella mushrooms and green onions, add the second tortilla – warm on flat pan, flip, cut and eat.
- Amy's bean burritos or roasted veggie pockets, veggie burgers, no-cheese pizza
- Soup – hundreds plus ways to make healthy, tasty, filling veg. soups
- Chili – canned vegetarian varieties or make your own with variety beans
- Peanut Butter and Jelly
- Boca Bratwurst/ Italian Sausage
- Soy Hot Dog with all the fixins
- Vegetarian Baked Beans
- Instant cup of soups, best from a health food store. Read labels!!
- Try breads made with millet, spelt, other grains rather than just wheat
- Vegenaïse is a fabulous substitute for mayonnaise!

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DINNERS:

- Sweet Potatoes, black beans and BBQ
- Steamed Vegetables with olive oil, lemon, garlic, herbs
- Stir-Fry – get a good brand teriyaki sauce, tamari etc. ... try Napa cabbage
- Spaghetti – Nate’s meatballs are a great brand that people love!
- I use lots of cut up veggies in my spaghetti sauce. Veg parmesan
- Baked Potato with all the Fixins’: Salsa, Salad Dressing, Broccoli etc. ...
- Nacho Bake – see [DVD](#) or [Website](#)
- Sloppy Joes (using Boca or Morningstar)
- Bean and Brown Rice Dishes
- Tacos & Burritos (you can do these at home in many fun ways!)
- Pasta – try Kamut, Quinoa, rice – not always wheat!
- Chinese take out – no msg Veggie Almond Din, Chop Suey, Moo-Shu, Subgum
- Veggie Fried Rice – ask for NO EGG and NO MSG
- Stew – Root veggies, and lots of tomatoes, seasoning. Thicken with tapioca or Rye bread. Can make this in the crock pot.
- Minestrone, Lentil, Veggie, etc. ... SOUP
- Vegetable Stroganoff, Stew, Lasagna etc. ... try using that versatile tofu
- Grain Loaf, mashed potatoes and gravy
- Pad Thai Noodles (no egg) and Company – good fast food (Holland/Portage, Michigan)
- Indian Foods
- Mediterranean – Falafel
- Pizza – Everything veggie. No cheese. TRY IT!! 99% of people who have tried my favorite pizza like it! Vineyard – spinach, mushroom, green olive or sometimes I get jalapeños. Say No Cheese! It is wonderful and you can eat more without getting that – have to take a nap, clog & fat me up cheese!

Go to www.fatfreevegan.com for thousands of free recipes. They are all over the web. See if you can’t make some of your favorite recipes healthier by making some adjustments. It’s all in what we are used to, and you can get used to healthier foods with a little time, patience, and perseverance. Then you’ll spend the rest of your life energetic and well! www.Vegan-Gal.com & www.drncdougall.com

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