

Quick meals, Sandwiches and Wraps

* annotates items that do not require a microwave

Frozen Entrees-breakfast, lunch and dinner versions in the store

Easy side dishes-salad, can of veggies, microwave a potato

Single Serve pizza-ALMOST ALL single serve pizza crusts & packets of marinara sauce are vegan. Or use French bread or a vegan English Muffin. Top with favorite vegan chez, can cook and crumble on top a favorite vegan burger or breakfast sausage. There is vegan peperoni, too. Bake or air fry until done.

Vegan dumplings-generally sold near tofu in grocery store or in freezer section or at a local Asian store. ALMOST ALL dumpling sauces are vegan.

Kind blankets-vegan brat-cut in half, pan fry, wrap in canned crescent dough, bake according to dough instructions. ALL(?) canned crescent dough is vegan EXCEPT Aldi brand.

***Breakfast sandwiches** -Just Egg patties, vegan sausage patties, slice of vegan cheese, and biscuit. (Pillsbury Grands are vegan).

Ramin-Find an accidentally vegan ramin or Dr McDougalls ramin are all vegan. Add a few tablespoons of frozen veggies and/or some tofu cubes.

Fried Rice-use up left over rice, left over vegan meats & veggies or use some frozen veggies, add seasoning (sample recipe) <https://simpleveganblog.com/vegan-fried-rice/>

Chinese Ckn-pan fry vegan chicken nuggets, add your favorite Chinese sauce like a Teriyaki or General Tsos, and saute just a minute in the sauce to sear the sauce onto the nuggets. Cook some frozen broccoli and serve all on a bed of rice.

Soup & Salad-See list of accidentally vegan canned soups.

*Hearty bean and/or veggie salads (several ideas here: <https://www.delishknowledge.com/vegan-no-cook-dinners/>

***Black bean salad**- can of drained and rinsed black beans, a can of drained corn, chopped tomato, chopped onion, chopped pepper, Italian salad dressing. Chill. Eat cold as a side, on lettuce as a mixed greens salad, or in a pita as a handheld.

***Black bean taco salad** - Lettuce, black beans, seasoned rice, corn, peppers, salsa

***Marinated white bean salad** (serve on lettuce or in a pita)- <https://www.delishknowledge.com/marinated-white-bean-salad/>

Pancakes-yes, for any meal! And Vanns frozen waffles has 1 variety that is vegan. Add a side of fruit to round out the meal.

Spaghetti-cook your favorite pasta, add accidentally vegan can/jar marinara sauce, if you want you can even cook and crumble a breakfast sausage, vegan burger or pan fry some vegan meatballs and add. Bonus points if you use up old hot dog or hamburger buns by making garlic toast.

Sloppy Joes-cook some vegan ground meat, add Manwich (sauce is vegan!) serve on bread.

BBQ-cook some Beyond steak in your favorite BBQ sauce, serve on bread or serve on a bed of rice.

BBQ meatballs-cook some vegan meatballs in your favorite BBQ sauce, (on the stove or in a crockpot) and serve on bread or serve on a bed of rice.

Quesadillas using favorite vegan cheese and vegan margarine to toast the tortilla while cheese melts

Chili-left over chili/bean based dish in a tortilla, in a stuffed pepper, on a potato or sweet potato, as a pizza, chili mac, on cornbread, on rice

***Bento boxes** with veggies, vegan ranch and fried tofu cubes (there is a fried/ready to eat product in most mainstream stores by the tofu)

Wraps-(wraps, tortillas or pitas)

Gardein Fish with lettuce, tomato, vegan mayo or tarter sauce if you want.

Vegan tarter sauce-mayo, pickle relish, mustard-mix

(Don't have Gardein? Slice extra firm tofu, bread in flour, air fry or bake at 400 degrees for 10-15 min, flip until both sides golden and use the baked tofu in the wrap!)

Vegan ckn tenders (or nuggets!) with lettuce, tomato, vegan mayo if you want.

Veggie wrap-fresh or cooked veggies, mayo or hummus on the wrap before the veggies

(Almost all) falafel are vegan-make a falafel wrap

Wraps with hummus spread with lettuce and veggies and seitan.

Wrap with vegan ckn fingers (can do hummus or vegan mayo spreads) like a vegan Burger King wrap.

Burrito-just make sure the refried beans do not contain lard. Add chopped tomato and/or lettuce, sauteed onions, salsa or taco sauce, did I say tater tots??!!

Seitan sandwich (lots of vegan deli meats usually where stores sell refrigerated tofu). Vegan hot dogs or kraut dogs. Jackfruit BBQ sandwich..

38 vegan lunch ideas here: <https://www.eatingwell.com/gallery/11321/quick-healthy-vegan-lunch-ideas-for-work/>

Sandwiches

*“tuna” salad (using canned chickpeas) as sandwich, wrap or on lettuce bed-
<https://happyherbivore.com/recipe/mock-tuna-salad/>

OR

<https://www.worldofvegan.com/artichoke-vegan-tuna-salad/>

-*seitan deli slices, lettuce, tomato etc veggies

-vegan hot dogs, vegan burgers, vegan ckn sandwiches

-accidentally vegan baked beans on toast

-grilled chez

-grilled chez with Beyond steak (sautee the Beyond Steak and then put it on the vegan chez before grilling sandwich)

-*Peanut (nut/sunflower) butter and jelly

Avocado toast