

# Vegan Lunch Box

Look out for these vegan friendly brands in your local grocery store!



## Milk, Yogurt, Pudding

Almond Breeze  
Silk  
Kite Hill  
So Delicious  
Tofutti  
Zen Organic

## Deli Slices/Cheese

Daiya  
Field Roast  
Tofurky  
Follow Your Heart  
Miyokos  
So Delicious

## Frozen Meals/Other Meat Alternatives

Gardein  
Beyond Meat  
Sweet Earth  
Amy's Vegan Meals

Never fear! Putting together a vegan lunch box is fun and easy!

### Main Dish

Veggie wraps, PB & J, bagels with vegan cream cheese, oatmeal or granola with fruit, vegan deli sandwiches, pasta salad...



### Liquids

Vegetable Soup thermoses, orange juice, sweet tea, vegan chocolate milk (almond, coconut, or soy), soda pop, good old fashioned water...



### Snacks

Fresh fruit, veggies and hummus dip, almonds, raisins, peanut butter and apples, potato chips, pita chips, vegan yogurt, graham crackers, Chex Mix...



### Extra Treats

Oreos, Skittles, Justin's dark chocolate peanut butter cups, brown sugar pita chips, vegan pudding cups...

