

Meal and Snack Ideas

Recipes listed available on EatPlant-Based.com

Breakfast	Lunch/Dinner	Snacks	Dessert
Oatmeal with fruit Breakfast Scramble Breakfast Burrito Fruited Quinoa Grits and Toast Banana Oat Pancakes Hash Brown Casserole	<p>Three recipes already like that are plant-based:</p> <ol style="list-style-type: none"> 1. 2. 3. 	Hummus & veggies Roasted Chickpeas Popcorn Fresh fruit Frozen banana, grapes Nacho Supreme	Zucchini Bread Apple Oat Crumble Hot Fudge Cake Healthy Tootsie Roll Mango Lime Sorbet Chocolate Mousse No-Bake Chocolate Pie
Potato Waffles Cereal and plant milk Apple Cinnamon Muffins Sweet Potato Muffins Road House Hash French Toast	<p>Three recipes to veganize:</p> <ol style="list-style-type: none"> 1. 2. 3. 	Zucchini Bread Apple Cinnamon Muffin	Chocolate Oat Cookies Walnut Raisin Cookies Glazed Carrot Cake
Breakfast Homefries Apple Oat Crumble Smoked Tempeh Bacon	<p>Three new plant-based recipes to try:</p> <ol style="list-style-type: none"> 1. 2. 3. 		