Meatless Meals for Earth Day 2020
Assembled by Lena Sauer, student Eco-Rep

Breakfast
Energy Balls
Toast or Bagels-
  peanut butter, banana, chia seeds
  Avocado, tomato, spinach
  Peanut butter + jelly/jam with fruit
Vegan Breakfast Hash
Oatmeal-
  top with berries, peanut butter, bananas, coconut flakes, cinnamon, apple, etc.
Overnight Oats
Biscuits and Vegetarian Gravy
Vegan Banana Pancakes
Vegan Cinnamon Rolls
Easy Vegan Cinnamon Buns

Lunch
Veggie Wraps-
  Mediterranean Wrap
  Spicy Bean Veggie Wrap
  Vegan Veggie Wrap
Vegan Pasta Salad
Chickpea Salad

Dinner
Veggie Pizza
Meatless Pasta-
  meatless tomato or white sauce, sundried tomatoes, broccoli, mushrooms, spinach, or
  your other favorite vegetables
  Chickpea Panzanella,
  Chickpea Pasta Sauce
Veggie or Tofu Stir Fry
Buddha Bowl
Vegan Thai Noodles
Chili
Taco or Burrito Night-
  substitute meat for sweet potatoes, cauliflower, lentil/quinoa, beans, or tofu seasoned
  with taco seasonings
  Chickpea Noodle Soup
Baked potatoes/sweet potatoes
Mushrooms and Spinach Baked Potato
Broccoli and Cheddar Twice Baked Potato
Chili and Cheese Baked Potato

Vegetarian Shepard’s Pie
Roasted Veggies
Cooking Vegetable Guide

Vegan Desserts
Strawberry Creamsicles
Raspberry Shortbread Bars
Peanut Butter Cookies
Lemon Bread
Oreo Brownies
Blueberry Crumble
Banana Bread
3 Ingredient Vegan Desserts
Vegan Baking Substitutes

Snacks
Chips + Salsa, Guacamole, or Cowboy Caviar
Popcorn
Trail Mix
Fruits/Veggies
Rice Cakes
Smoothies
  Peanut Butter Banana
  Blueberry Pancake
  Green Nut Butter

Beans
Full of protein, vitamins and minerals, and fiber
Can help reduce blood sugar, improve cholesterol, and maintain healthy gut
Dried Beans- cheaper than canned, less sodium, can be cooked and then frozen for later use
  How to Cook Dried Beans- stove top, slow cooker, pressure cooker
  Bean Cooking Guide
  How to Properly Freeze Beans
  General Bean Guide + Recipes
Black Beans-
  Tacos with Avocado Cilantro Lime Crema
  Crispy Burrito
  Black Bean and Lentil Soup
Black Eyed Peas-
  Hoppin’ John
Pinto Beans-
Refried Beans
7 Layer Bean Dip
White Beans-
Chili
White Bean Soup
Kidney Beans-
Kidney Bean and Brown Rice Salad
Veggie Burgers
Chickpeas/Garbanzo Beans-
Hummus
Cilantro Lime Hummus
Roasted Garlic Hummus
Roasted Red Pepper Hummus
Dessert Hummus
Roasted Chickpea Snack
Flavored Roasted Chickpea Snack
Cookie Dough
Chickpea Salad
Gyros
Falafel
Cannellini Beans-
Ribollita
5 Minute Cannellini Beans
Navy Beans-
Baked Beans
Great Northern Beans-
Quesadilla
Lima Beans-
Easy Lima Beans
Mixed Beans-
Mixed Bean Salad with Tomato Vinaigrette
Three Bean Quinoa Salad
Enchilada Casserole
Chili