

VEGAN LUNCH BOX

A vegan or plant-based diet excludes all animal products, including meat, dairy, and eggs. When people follow it correctly, a vegan diet can be highly nutritious, reduce the risk of chronic diseases, and aid weight loss.

	LUNCH	SALADS / SOUP	SWEET
SU	stew green peas	salad beetroot	banana peanut butter brownies
	jareesh:cauliflower zucchini carrots tomato almonds	soup minestrone	
MO	koushari: pasta lentils rice chickpeas onion w tomato sauce	salad jabalieh	coconut cookie
	sweet n sour couscous	soup vermicelli	
	rice w fava beans	salad artichoke	
TU	lentils w potato & rice	salad broccoli	lemon blueberry loaf
	curry vegetarian w rice	soup carrots & coriander	
WE	suhi	salad avocado w quinoa bowl	strawberry oatmeal bar
	pasta w tomato sauce	salad rocket & olives	
	stew vegetable	soup green lentil	
TH		salad tomato w corn & pickles	tropical pound cake
		salad fattoush	
		salad boiled vegetables	
		salad pepper	

