My Healthy Vegan Plan:

This is when I tend to make an unhealthy choice that I regret later:

- When I’ve gone too long between meals
- When I don’t have healthy snacks
- On my commute
- When I stop at the drive thru for my kids

This is what I wish I was eating instead:

References:
Carol, Choi et al 2009
Radnitz, Loeb et al 2013
Clear 2018

Start with Breakfast

We start the day with a finite reserve of willpower. By making breakfast ahead of time, you’ll already know exactly what you’re eating – one less choice to make. And preparing breakfast at home saves you from making a potentially regrettable choice later.

- Overnight oats or chia pudding
- Vegan breakfast sandwiches or breakfast burritos – sub scrambled tofu for egg, and try a vegan “meat” like field roast
- Avocado or peanut butter toast
- Smoothie bowl with granola
- Vegetable hash or tofu scramble

And for the mornings when you just can’t even, stock up on frozen fruit, spinach and protein powder for a quick smoothie, and protein bars made with whole food ingredients and as little sugar as possible.
CAN YOU SPOT THE VEGAN FOOD?

Guess what?
All of the foods above are vegan.

Many aspiring vegans think they’ll have trouble finding something to eat... the reality is that the challenge isn’t finding food, it’s making sure you have easy and convenient healthy options, that you don’t have to think about. You want a supportive system in place so that healthy foods become the default.

“You do not rise to the level of your goals, you fall to the level of your systems.”

--James Clear, author Atomic Habits

Stock Your Kitchen

Whether cooking is your passion or not, there will be times when you need a quick bite. Stock up on easy snacks and quick meals so you’ll have something healthy in a pinch.

<table>
<thead>
<tr>
<th>Quick Meal Staples</th>
<th>Ready Snacks</th>
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<tbody>
<tr>
<td>Marinated Tofu</td>
<td>Nuts</td>
</tr>
<tr>
<td>Canned Beans</td>
<td>Dehydrated fruit</td>
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<tr>
<td>Precooked Rice</td>
<td>Cashew or coconut milk yogurt</td>
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<tr>
<td>Frozen Vegetables</td>
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<tr>
<td>Frozen garlic, ginger and basil</td>
<td>Hummus or salsa and vegetables</td>
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On the Go

Despite planning ahead, sometimes you’ll need (or want) to grab a quick meal on the go. If you don’t have a solid vegan café (or fast food joint) nearby yet, don’t worry, you can find convenient, healthy vegan options. Some go-to spots:

**Grocery Stores**
Some natural markets have vegan choices in their grab-and-go deli section, and most grocery stores will have a salad bar or pre-cut vegetables and fruits.

**Juice Bars, Cafes, even Starbucks**
Smoothies (look for vegetable ingredients) are a great quick snack. An unsweetened latte with soy or coconut milk can help tide you over. Food choices include oatmeal, nuts or trail mix and even a bagel with almond butter.

**Asian Cuisine**
Most restaurants will fill to-go orders and if you call ahead it won’t take longer than fast food. Try a Vietnamese tofu bahn mi or Thai tofu fresh spring rolls.

Meal Prep

Busy work week? Running around all weekend? Prep your meals in advance... Some time-saving make-ahead favorites:

- Roasted Vegetables
- Quinoa or brown rice
- Chop and marinate vegetables or tofu
- Wraps and burritos
- Chili and soup