



## 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.

## 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:**

\_\_\_\_\_

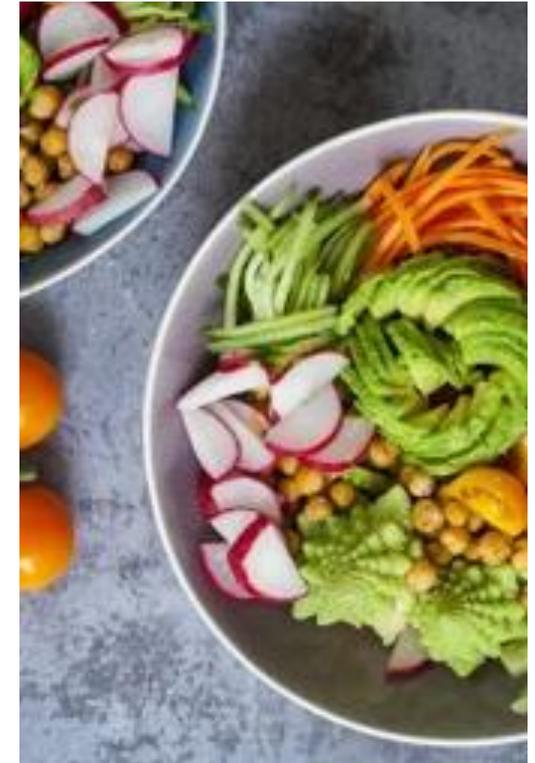
\_\_\_\_\_

**Here are three things I can do this week to make healthy choices the default choices in my life:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

References:

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



## NON-STOP VEGAN

*Healthy vegan hacks to fit your busy lifestyle*

*Brought to you by  
 Emily Jasper*

# 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.

### Quick Meal Staples

- Marinated Tofu
- Canned Beans
- Precooked Rice
- Frozen Vegetables
- Frozen garlic, ginger and basil

### Ready Snacks

- Nuts
- Dehydrated fruit
- Cashew or coconut milk yogurt
- Hummus or salsa and vegetables

## 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



## 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.