

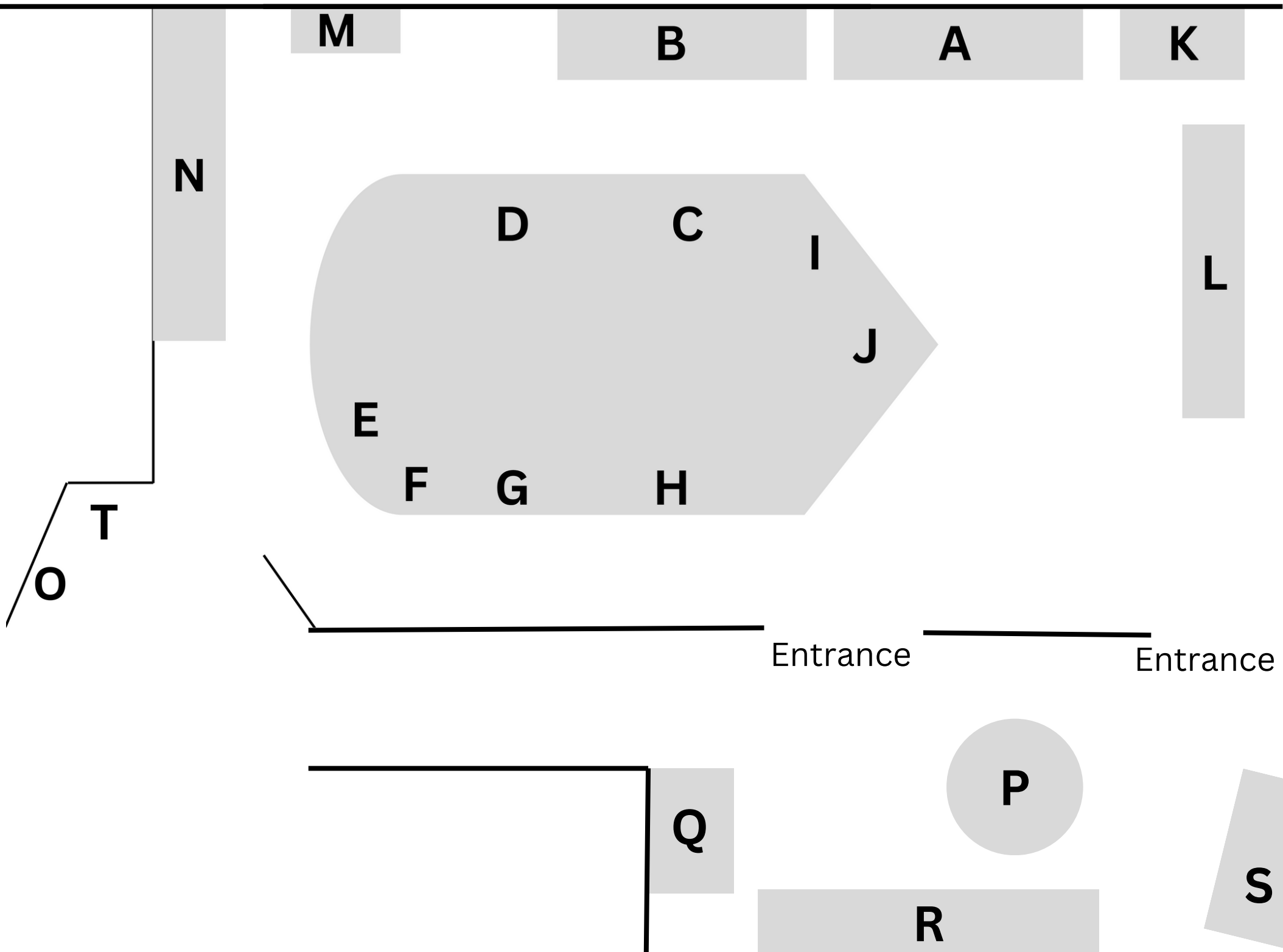
Get Plant-Based with Us



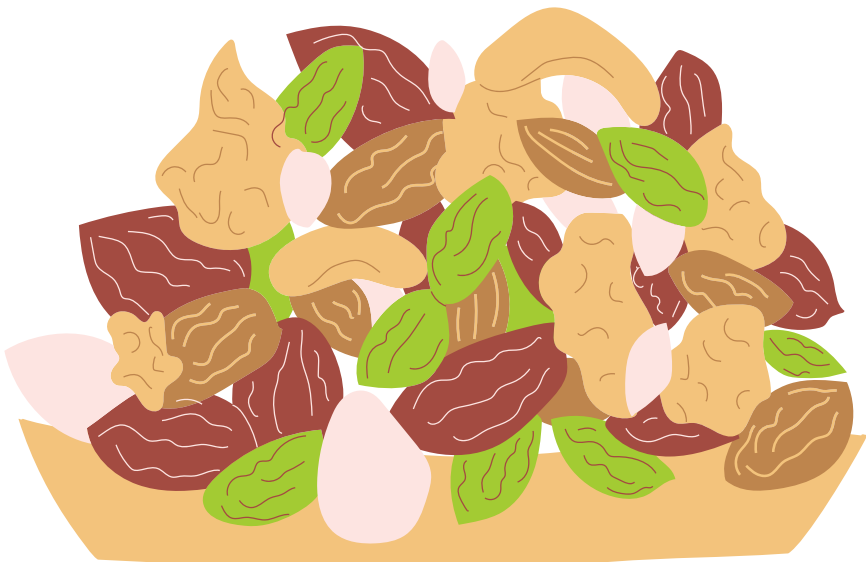
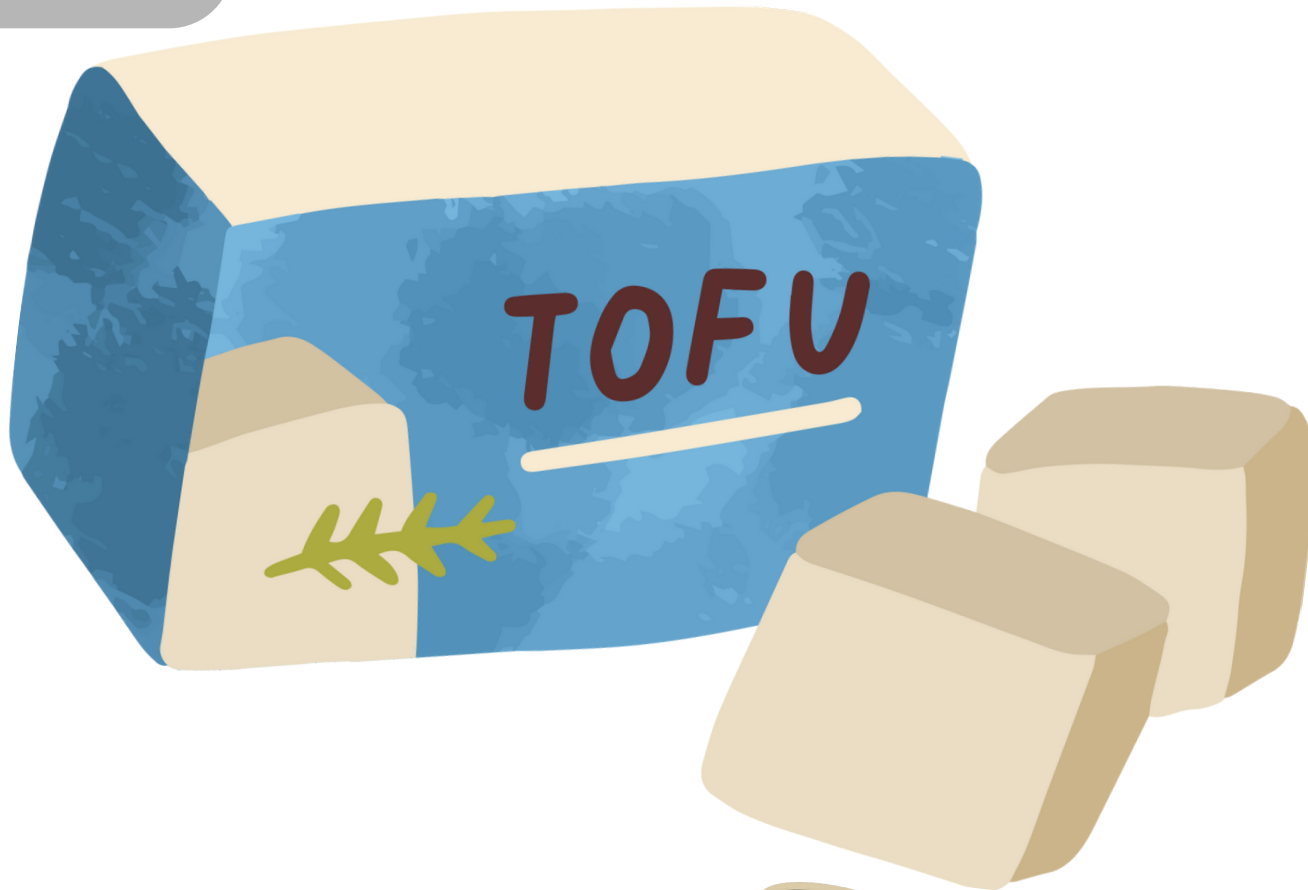
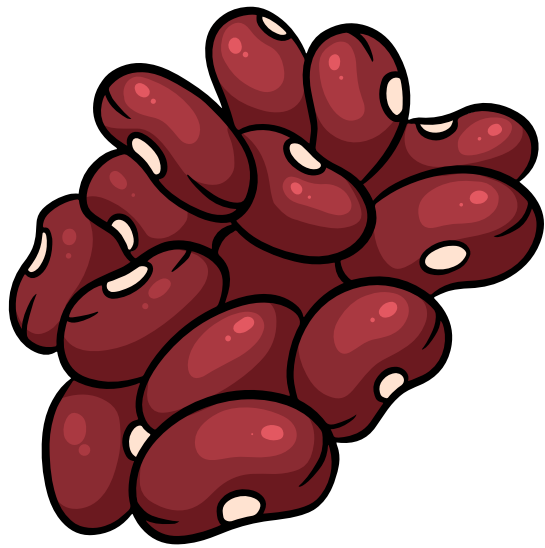
Part 1: Breakfast Options

Map of Val Reference

As you read through this guide, use this map of Val to know where to locate these options!



*So what are
my vegan protein
options?*



Hemp
Seeds



Chia
Seeds

Sunflower Seeds
Pumpkin Seeds



Point D on
the Map



Vegan Breakfast Meat



Point K on
the Map



Daily Bean Options
(pictured are Chickpeas!)
*Sometimes these are vegan and
sometimes they are vegetarian, so
just check the board!*



Tofu Scramble



Peanut Butter



Point Q on
the Map

What about vegetarian options?

Not vegan and looking for some high protein options? Try these!



Point C
on the
Map

Greek Yogurt



Point D
on the
Map



What meals can I make with these options?

Cozy Oatmeal Bowl:

Combine oatmeal, cinnamon, seeds of choosing (chia, pumpkin, sunflower, or hemp), sweetener of choice (honey or maple syrup). Top with peanut butter, fresh fruit, and granola and enjoy!



Savory Breakfast Bowl:

Combine plant based egg option with potatoes, plant based meat, and toppings of choice (spinach, salsa, plant based cheese, sour cream) and enjoy!



Plant based breakfast burrito:

Combine tofu scramble or plant based egg with a plant based meat, plant based cheese, and condiments of choose in a wrap. Grill on the panini press and enjoy!

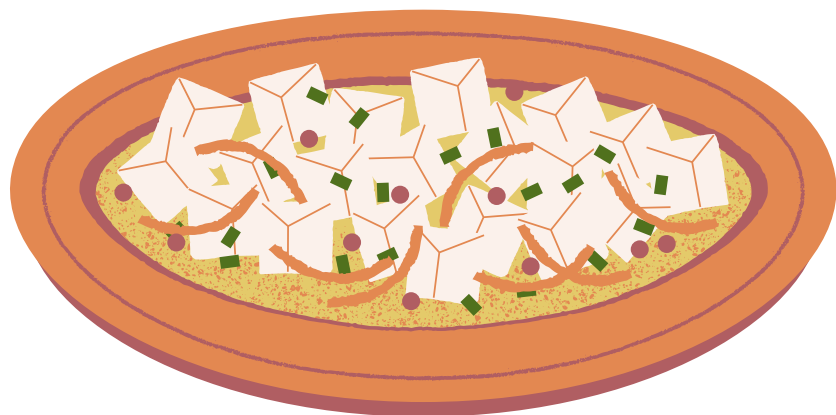


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Part 2: Lunch and Dinner

*So what are
my vegan protein
options for Lunch and
Dinner?*



*First off, there's always
vegan/vegetarian options
in the main line*



Like this
Eggplant
Parmesan!



Check out the Salad Bar!



Point
G/H on
the map



Check out the Salad Bar!

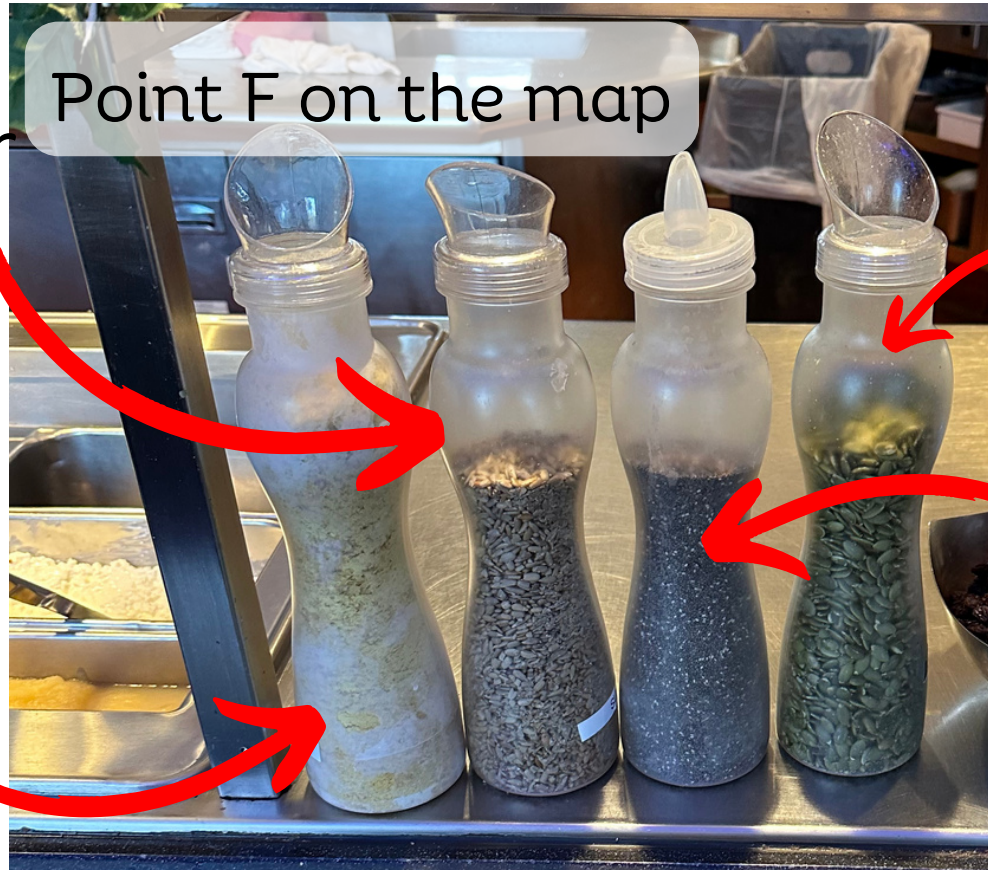
Sunflower
Seeds

Point F on the map

Pumpkin
Seeds

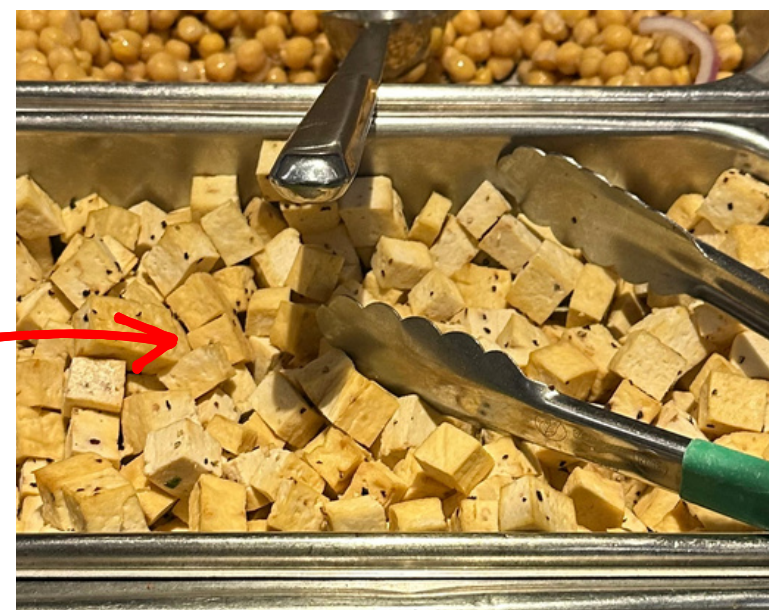
Hemp
Seeds

Chia Seeds



Plant Based Mozz
Spreads

Point G/H on
the map



Roasted Tofu

... *and the sandwich/ condiment bar*

Vegan Deli
Meats
Point C on the
map



Hummus
Point J on the
map

What meals can I make with these options?



Chickpea Salad Wrap

Smash chickpeas together with the eggless mayo and add salt and pepper, put in a wrap with vegetables of choice. If you want a warmer option, add vegan cheese and make a melt!

Homemade Harvest Bowl

Mix greens from the salad bar, veggies of choice, sweet potato, grain of choice (try quinoa or rice), cheese (if you eat it), cranberries, pumpkin seeds, and balsamic dressing



Take a scoop of pasta, vegan/eggless mayo, veggies of choice, protein or cheese of choice, and salt, pepper, and crazy salt!

DIY Pasta Salad



Why go meatless?



Livestock production creates more greenhouse gases than the entire transportation sector and uses 75% of the world's agricultural land

Skipping one serving of beef every Monday for a year saves the equivalent emissions to driving 348 miles in a car

Eating less meat and more plant-based foods can improve heart health and reduce the risk of heart disease

Skipping even a half serving of meat every day and replacing it with a plant protein like beans or tofu can decrease your risk of getting type 2 diabetes and promote kidney healthy

