



Project: Eat what's on the menu for a day. Then try creating your own vegan menu that would be fun to follow.



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Menu

Breakfast

orange juice • toast with soy margarine or jam
cereal with plant-based milks such as soy, rice,
almond or hemp

Lunch

tofu hotdogs on a bun • green beans or spinach
melon or grapes • chocolate rice milk

Dinner

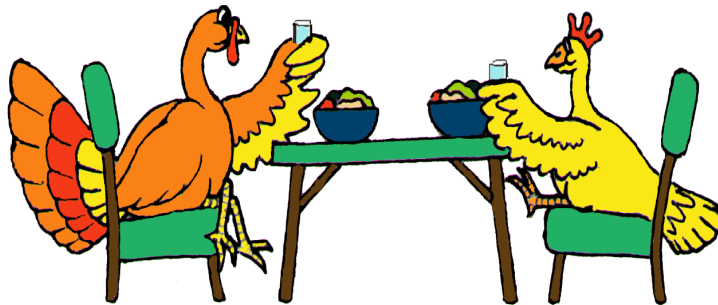
bean and rice burritos with salsa • mixed-green
salad with dressing • carrots and peas
fruit smoothie

Dessert

soy ice-cream bars

Snacks

nuts, peanut-butter sandwich, blue-corn chips,
fruit popsicles



Now go find a friend, sister, brother, mother, father, neighbor or even a pet and ask them to enjoy your great vegan food with you.