

5 Easy vegan meal ideas for a healthy work lunch



Simple and delicious vegan meals to energise your workday



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Taking care of your health and wellbeing doesn't mean sacrificing flavour or spending all your free time in the kitchen.

Are you participating in Veganuary and looking for some delicious and simple meal ideas to take to work? Look no further! Here are five easy vegan meal ideas that will not only nourish your body, but also save you time and money.

The great thing about these meal ideas is that they can easily be adapted to your personal taste preferences. Don't like quinoa? Swap it out for brown rice or couscous. Want to add more protein? Simply throw in some tofu, tempeh, or beans. The possibilities are endless! So let's get cooking and enjoy a healthier work lunch every day this month.

1

Quinoa Veggie Wrap

Ingredients:

Quinoa
Hummus
Roasted vegetables (such as peppers, tomatoes, and aubergine)
Avocado
Spinach leaves

Method:

Cook quinoa according to package instructions and let cool.
Spread hummus on a wholewheat wrap.
Add cooked quinoa, roasted vegetables, sliced avocado, and spinach leaves.
Roll up the wrap tightly and slice into bite-size pieces for a delicious and filling lunch option.

2

Chickpea Salad Sandwich

Ingredients:

Chickpeas
Vegan mayonnaise
Dijon mustard
Celery
Red onion
Salt and pepper

Method:

Drain and rinse chickpeas and mash them with a fork in a bowl.
Add vegan mayonnaise, Dijon mustard, chopped celery, and red onion to the mashed chickpeas.
Season with salt and pepper to taste.
Spread on bread of your choice for a tasty sandwich option.

3

Vegan Buddha Bowl

Ingredients:

Brown rice
Tofu
Roasted vegetables (such as sweet potatoes, broccoli, and carrots)
Edamame beans
Avocado

Method:

Cook brown rice according to package instructions.
Cut tofu into cubes and bake in the oven until crispy.
In a bowl, add cooked brown rice, roasted vegetables, edamame, and sliced avocado.
Top with crispy tofu for a well-rounded, nutrient-rich lunch option.

4

Lentil and Vegetable Soup

Ingredients:

Lentils
Vegetable broth
Carrots
Celery
Onion
Spinach

Method:

In a pot, add vegetable broth and bring to a boil.
Add lentils, chopped carrots, celery, and onion.
Let simmer for 20 minutes.
Add spinach and let cook until wilted.
Pack in a thermos for a warm and comforting lunch option.

5

Chickpea Avocado Salad

Ingredients:

Chickpeas
Cherry tomatoes
Cucumber
Red onion
Avocado
Lemon juice
Olive oil

Method:

Drain and rinse chickpeas and place in a bowl.
Add halved cherry tomatoes, diced cucumber, chopped red onion, and sliced avocado to the bowl.
In a small jar, mix lemon juice and olive oil together for dressing.
Pour dressing over salad and mix well.
Pack in a container for a refreshing and healthy lunch option.

No matter what your taste preferences may be, these five easy vegan meal ideas are sure to satisfy your hunger while keeping you on track with Veganuary. Give them a try and see how delicious and nutritious plant-based lunches can be. Happy Veganuary!

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