

# VEGAN MENU ~ 7-DAY KAYAK CAMPING TRIP

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1		<b>Bagels a la Vegan</b> Hummus, Tomatoes, Cucumber, Avocado, Lettuce, Sprouts Hot soup	<b>Burritos</b> Refried beans, Onion, Peppers, Garlic, Lettuce, Broccoli, Salsa, Limes, Red cabbage, Kale	Nuts, Dried fruit, Snack bars, Fresh Fruit
2	<b>Avo Toast</b> Avocadoes, Hearty bread, Tomato, Red onion, Peppers, Garlic, Lime juice Hashbrowns	<b>Kale Salad #1</b> Kale, Lemon juice, Garlic, Garbanzo beans, Olive oil, Avocado, Salt and pepper Bread and crackers	<b>"The Soup"</b> Veggie stock, Sweet potatoes, Yellow onion, Garbanzo beans, Peanut butter, Soy sauce, Kale, Mushrooms, Flour, Salt and pepper	Same for each day
3	<b>Vegan French Toast</b> Sourdough bread, Almond milk, Maple syrup, Cinnamon, Flour, Nutritional yeast (or egg substitute), Coconut oil, Yogurt, Sautéed apples with cinnamon and maple syrup	<b>Pasta Salad</b> Pasta, Olives, Peppers, Red onion, Cabbage, Carrots, Lemon juice, Olive oil, Salt and pepper, Dressing	<b>Noodles</b> Rice noodles, Soy sauce, Peas, Broccoli, Peppers, Carrots, Red cabbage, Garlic, Oil	
4	<b>Breakfast Hashbrowns</b> Hashbrowns, Kale, Onion, Peppers, Garlic, Oil Bread	<b>Wraps</b> Tortillas, Hummus, Tomatoes, Cucumber, Lettuce, Cabbage	<b>Spaghetti a la Veggie</b> Spaghetti, Tomato sauce, Tomatoes, Garlic, Zucchini, Kale, Peppers, Spices	
5	<b>Polenta Delight</b> Polenta, Hashbrowns, Onion, Peppers, Kale, Garlic, Spices	<b>Bean Salad</b> Black beans, Kidney beans, Garbanzo beans, Corn, Tomatoes, Lemon juice, Spices Hot soup	<b>Curry</b> Rice, Coconut milk, Curry paste and powder, Carrots, Onion, Peppers, Red and green cabbage	
6	<b>Hearty Oatmeal</b> Oatmeal, Dried fruit, Nuts, Maple syrup, Cinnamon, Brown sugar, Peanut butter, Yogurt	<b>Hot Soup</b> Hearty vegetable soup, Bread, Crackers	<b>Peanut Sauce Rice</b> Rice or rice noodles, Peanut butter sauce, Cabbage, Carrots, Onion, Broccoli, Garlic, Soy sauce	

DAY	BREAKFAST	LUNCH	DINNER	SNACK
7	<b>Lentil Burritos (aka Lentilrritos)</b> Tortillas, Lentils, Onion, Peppers, Garlic, Spices, Hashbrowns	<b>Kale Salad #2</b> Kale, Lemon juice, Garlic, Garbanzo beans, Olive oil, Spinach, Almonds, Cherry tomatoes, Dried cranberries, Salt and pepper Bread and crackers		