

Traveling Vegan

Whether you are going to a friends or family, sometimes you are at the mercy of what you can bring or scavenge. Here are some ideas of what you can do to make your visit focus on the purpose of the trip (friends and family) and not on food. The below ideas are for people who would be traveling by car, and most can be used by those traveling by plane but you would want to buy bulky items (like bread) or liquids (shelf stable vegan milk) or refrigerated items (vegan margarine) upon arrival by plane.

Breakfast:

Oatmeal or grits or cream of wheat-Bring what you like to eat. And bonus, if you typically make it in the microwave and have a favorite bowl you cook it in, bring that bowl so your measurements and time will be a little more familiar.

Toast: The majority of **bread** happens to be vegan so your host might be willing to check the label in advance. If not, bring a loaf of your favorite with a small container of vegan margarine. Almost all jelly is vegan, so your host may have **jelly** or **peanut butter**. Most bagels happen to be vegan (no muffin will be). Or skip the toaster and just make a PB&J!!

Dry Cereal: These cereal types tend to be vegan so choose over other options: corn flakes, Chex, raisin bran, Wheaties, most cheerios, Grape Nuts, All Bran, Alpha Bits, Cap'n Crunch Peanut Butter Crunch, Life, Cinnamon Life, Fruit Loops, Frosted Flakes, Kix, Kellogg's Mini-Wheats Unfrosted Bite Size and Rice Crispies. Bring your own if you typically eat cereal and bring a carton or two of **shelf stable plant based milk** so you can open only what you need.

Waffles: Several of Van's frozen breakfast products and Frozen Kroger Original French Toast Sticks happen to be vegan. Just bring/buy some vegan margarine.

Fruit: Ask your host to stock up on everyone's favorite fruits, good for all 3 daily meals!

Hash browns/potatoes: Ask if they can be fried in oil unless they are the toaster patties and they will probably be safe-check the label as sometimes milk by-products like whey is dumped in them to help with the product weight.

Pillsbury canned dough: Pillsbury Grands biscuits are vegan. Pillsbury (and Walmart brand) crescent rolls dough are vegan.

Lunch/Dinner:

If your host is cooking, there might be meal components that happen to be vegan. Like dry pasta other than egg noodles are vegan. If they will cook the pasta, rice and the veggies without fat or butter they most likely will be vegan.

Wraps and sandwiches: Buy some vegan deli slices or baked tofu and with host provided lettuce, tomato etc make wraps and sandwiches. With some canned refried beans, chopped tomato and salsa you can make a burrito, tostada, enchilada (with some sauce) depending on the wrap/tortilla used.

If you have a **microwave**, then most grocery stores have vegan prepackaged meals. Get a box of vegan burgers or ckn patties and a small loaf of bread or buns. Amy's has a scrambled tofu for breakfast and several lunch/dinner options. Impossible and Morningstar have corn dogs. Morningstar has vegan ribs. Gardein has an endless variety of vegan meat products that can be quickly warmed and served with a veggie side.

Bring or buy your favorite dry noodle bowl. If you have hot water, you can make a bowl of ramen and add in a can or scoop of peas or other vegetable. You can even reduce the water and make more like a pasta dish with just the noodles and a big pile of vegetables mixed in.

Most frozen falafel balls are vegan. Microwave the falafel and some lettuce and tomato and a wrap and make your own falafel wraps.

Cans: While not as flavorful as what you can make at home, there are some can goods that you can pack with you. Canned chow mein, vegetarian chili or soup, or Manwich that can be mixed with some cooked lentils and reconstituted TVP or Boca crumbles or slightly mashed beans.

Make your own chili by mixing two cans of different beans (like black or pinto or navy), drained, mix in some kind of sauce (catsup, BBQ, some mustard, any spices you might have like ground pepper). You can microwave a potato or sweet potato and serve your chili over your potato, over some bread, wrap it in a tortilla, open and drain a can of veggies and serve over veggies.

Buy sauces like accidentally vegan spaghetti sauce or accidentally vegan Indian curry sauce etc. Buy frozen mixed veggies or canned veggies, drain and mix the sauce in with the veggies or cook some rice and serve over rice and veggies.

Snacks:

Nature Valley Granola bars-the oats and several other crunchy types are accidentally vegan and many of the more expensive brands have a wide vegan selection. Vegan brands include Bobos, Larabar, Clif. Fruit (fresh and dry), nuts, trail mix, carrots, cauliflower and other vegetables. Cans with pull tops of soup, chili and vegetables. Less healthy options are popcorn, saltines, rice cakes, and pretzels. Oatmeal and hummus are options.

Protein drinks: Some folks like premade/single serving protein drinks, other like to bring powder. If this is something you want to try, you should probably try well in advance of the trip to see if you really like the idea once implemented, and to find a brand and flavor you like. Brands include Orgain, Sun Warrior, OWYN, Good Protein, Garden of Life, Plnt (from Vitamin Shoppe), Lekithos, NOW plant complex, Chocorite, Vedge Nutrition, Truvani, Green Boy Fava Bean powder, Aibonne's and Vega. Some found the pea protein ones chalky.

Possible shopping/packing list:

Bread, fruit, oatmeal/oatmeal packages, TVP, wraps/tortillas, cereal, shelf stable milk.

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Dry oatmeal, TVP, peanut butter, fruit, cans/jars--beans, soup, vegetables, fruit, sauces.

Shelf stable-shelf stable vegan milk, hummus, Mori Nu tofu.

Condiments you may want to bring or confirm are available are catsup, mustard, pickle relish, hot sauce, pepper, BBQ sauce, jelly, maple syrup/pancake syrup.

If you can bring things with you, then you can make endless dishes with the **TVP**. For example, bring some taco seasoning and then reconstitute the TVP with hot water, add seasoning to taste. If you want add some canned beans and chopped tomato and top on a baked potato or put in a wrap, a taco shell or tortilla, whatever is available.

Bread: Note, most french and sourdough breads are accidentally vegan. Choose them first if available.

Crowd sourced ideas:

I like to pack a cooler for road trips with hummus, wraps, crackers, cut up veggies, & fruit. Cold salads with dressing separate also travel well. We take advantage of the hotel frig by shopping at local markets. My husband and I recently traveled cross country by car. I took advantage of the hotel breakfast of oatmeal and fruit, lunch from the cooler, then dinner out. I used the Happy Cow app to find local restaurants with vegan options.