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including vegan pizza, polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi. Vegan on the Go tells you exactly how long you need to prepare and cook each lunchbox recipe, with mouth-watering photographs of every dish to whet your appetite. Discover top tips on which

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Ingredients to stock up on, and how to store and transport your vegan lunches to ensure they taste fresh and flavoursome every time.

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Vegan on the Go. With over 100 nutritious recipes and healthy lunch ideas, your desk lunch will never be sad again. Eat vegan snacks, soups, salads, sandwiches, hearty mains, and desserts with meals created by vegan authors Jérôme Eckmeier and Daniela Lais. Vegan is more than just salads.

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Vegan on the Go will rescue your lunchbox and inject some vegan flavour back into your lunchtime, with delicious, nutritious food that you can take anywhere. With a focus on easy

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and affordable lunches, Vegan on the Go packs over 100 vegan recipes into its pages, with ideas for snacks, soups, salads, sandwiches, sweet treats, and more. Whip up delicious portable lunches including polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi.

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In hopes to create what is known to be one of the first "Vegan Fast Food Restaurants" of our time. With The motto "A Healthy Option To A Busy Schedule" Vegan On The Go serves

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gourmet styled vegan fast food. With
sides such as our famous "Sweet
Potato Waffle Fries" served with a side
of signature marshmallow dip.

Vegan On The Go 'A Healthy Option
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Jerome Eckmeier, Daniela Lais
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flavour back into your lunchtime, with delicious, nutritious food that you can take anywhere. With a focus on easy and affordable lunches, Vegan on the Go packs 100 vegan recipes into its pages, with ideas for snacks, soups, salads, sandwiches, sweet treats, and more. Whip up delicious portable

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lunches including polenta parcels,
sweet potato burgers, courgetti salad,
and tofu sushi.

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Jérôme Eckmeier, Daniela Lais.

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mains, and desserts with meals
created by vegan authors Jerome
Eckmeier and Daniela Lais.

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here's the ultimate guide for the top
vegan fast food items to grab on the
go. Take a look: McDonald's: The
King of fast food, Mickey D's, is not
exactly world renown for vegan
options. However, their fries and hash
browns are certifiably vegan, and you
can get meat and any dairy-based

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sauces removed very easily.

Anywhere

Top Vegan Fast Food Items To Grab
On The Go

Vegan Breakfast Sandwich: Avocado,
kale and almond butter may sound
odd, but if you try it, it won't
disappoint. Think outside the box and

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you'll be rewarded handsomely, in the form of your new favorite on-the-go breakfast. (via In It for the Long Run)

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Vegan on the Go will rescue your lunchbox and inject some vegan flavour back into your lunchtime, with delicious, nutritious food that you can take anywhere. With a focus on easy and affordable lunches, Vegan on the

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Go packs 100 vegan recipes into its pages, with ideas for snacks, soups, salads, sandwiches, sweet treats, and more.

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lunches, Vegan on the Go packs 100 vegan recipes into its pages, with ideas for snacks, soups, salads, sandwiches, sweet treats, and more. Whip up delicious portable lunches including polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi.

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Vegan on the Go is focused on easy and affordable lunches for vegans and those who want to eat more plant-based meals. Each recipe tells you how long you need to prepare and

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vegan lunch ideas, Vegan on the Go packs 100 vegan recipes into its pages, including plant based snacks and sandwiches, soup recipes, salad recipes, dessert recipes, and more. Whip up portable, quick meals including vegan pizza, polenta parcels, sweet potato burgers, courgetti salad,

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