

# My Vegan DofE Foods



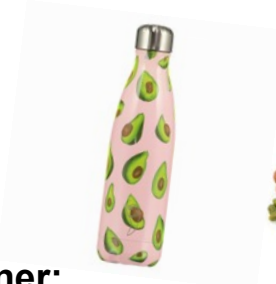
## Breakfast:

- ReadyBrek and raisins
- Cereal and soya milk (could substitute with coconut milk powder and re-hydrate with water)



## Lunch:

- Couscous (flavoured packets eg. Tomato and garlic) with dried vegetables and nuts & seeds (can eat hot if you boil water in the morning and bring a flask)



## Dinner:

- Quick cook pasta with dried sauce packets or stock cubes, dried TVP (re-hydrate with boiling water from the pasta)
- Boil in the bag rice with dried vegetables and puy lentil packet
- Packet rice with dried sauce and nuts & seeds



## Snacks:

- Sesame seed bars
- Nuts, seeds and dried fruit
- Kendal mint cake
- Fruit flakes
- Vegan jelly babies

