

# 10 vegan meals you already know how to make

Stuffed pita  
with falafel  
& hummus

Salad with  
vinaigrette

Chili with  
beans or  
lentils

Pasta with  
vegetables

Cheeseless  
pizza

Sandwich -  
PB&J, chickpea  
salad, or  
roasted veg  
with hummus

Bean tacos  
or  
burritos

Soup -  
split pea,  
lentil or  
vegetable

Curry with  
chickpeas &  
rice

Vegetable  
stir-fry  
with rice

For more easy vegan meal ideas, visit [cadryskitchen.com](http://cadryskitchen.com)

