

Vegan **Kid** Lunchbox Ideas plus 2-week meal plan

Enjoy a diverse and nutritious selection to keep your kids energized throughout the day.



A two-week meal plan for school lunches that caters to a range of ages and preferences.

Welcome to Two Week Meal Plan for Vegan Kid Lunchboxes!

This ebook is a delicious collection of plant-powered lunch box inspirations to excite and nourish your little ones throughout the school week.

With a little tweaking, each recipe can be adapted for kids of all ages.

Whether you're a seasoned vegan parent or simply looking to introduce more plant-based options into your child's diet, this ebook has great recipes and tips to make lunchtime delicious.

Let's embark on this journey of providing nutritious, kid-friendly, and planet-friendly meals that will have your children eagerly anticipating their lunch breaks every day! You might want to try a few too!

Hungry for more delicious recipes? Look no further!

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Week 1

Monday

Main Meal: Hummus and Veggie Wrap
Fruit: Fresh apple slices with nut butter for dipping
Snack: Sliced Kiwi
Optional Treat: Vegan chocolate chip cookie

Tuesday

Main Meal: Peanut Butter and Banana Wrap
Fruit: Sweet mango chunks
Snack: Vegan yogurt with granola

Wednesday

Main Meal: Chickpea Salad
Fruit: Sliced strawberries
Snack: Edamame beans with a sprinkle of salt

Thursday

Main Meal: Quinoa Salad Burrito Bowl
Fruit: Sliced kiwi
Snack: Vegan cheese and crackers

Friday

Main Meal: Apple and Veggie Quesadilla
Fruit: Fresh strawberries
Snack: Popcorn seasoned with nutritional yeast
Optional Treat: Vegan banana mini muffin



Week 2

Monday

Main Meal: Vegan Sausage Roll
Fruit: Fresh apple slices with nut butter
Snack: Vegan trail mix
Treat: Vegan chocolate chip energy ball

Tuesday

Main Meal: Pasta Salad
Fruit: Orange slices
Snack: Rice cakes with almond butter

Wednesday

Main Meal: Vegan Sushi Rolls
Fruit: Grapes
Snack: Vegan trail mix
Treat: Vegan brownie square

Thursday

Main Meal: Tofu Cubes with Sweet Potato Fries
Fruit: Orange wedges
Snack: Popcorn seasoned with nutritional yeast

Friday

Main Meal: Three Bean Salad with Crackers
Fruit: Grapes
Snack: Rice cakes with almond butter
Treat: Vegan banana mini muffins

Serves 2
Prep and Cook Time:
10 minutes



Chickpea Salad

Ingredients

- 1 can chickpeas
- 1/2 apple finely diced
- 1/4 cup red onions finely diced
- 1/4 cup celery finely diced; ~ 1 celery stick
- 2 tbsp vegan mayo, adjust to your liking
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice ~ 1/2 lemon
- 1/2 tbsp dill optional
- 1/2 tbsp capers
- salt to taste
- cracked pepper to taste
- sliced cucumbers, tomatoes, and lettuce for serving in a sandwich or wrap

Tips: Chickpea salad is also great with crackers. If your child is really young, consider leaving out ingredients with strong flavor like the red onion and capers.

Instructions

1. Start by draining and rinsing the chickpeas. Place them in a large bowl and mash them for added texture until you reach your desired consistency.
2. Add all the ingredients to the bowl and the salt and pepper to taste. Toss everything together to ensure the ingredients are evenly coated with all the ingredients throughout. Taste and adjust if necessary.
3. You can serve the salad immediately, but for the best flavor, cover the bowl and refrigerate for at least 1 hour. This allows the flavors to blend together.
4. Serve the salad chilled in a sandwich, topped with lettuce or spinach, sliced tomatoes, and cucumbers. You can also serve it as a lettuce wrap, regular wrap, or with crackers.

Serves 1
Prep and Cook Time:
10 minutes



Hummus and Veggie Wrap

Ingredients

- 1 large organic whole wheat tortilla
- 1/4 cup hummus (store-bought or homemade)
- 1/2 cup sliced cucumbers
- 1/2 cup shredded carrots
- 1/2 cup sliced bell peppers (any color of your choice)
- Fresh spinach leaves (optional)
- Salt and pepper to taste (optional)

Tip: A deconstructed hummus and veggie wrap is great for younger children. Just break up the tortilla or bread and serve the hummus and properly cut veggies on the side.

Instructions

1. Lay the whole wheat tortilla flat on a clean surface or a plate.
2. Spread a generous layer of hummus evenly across the entire surface of the tortilla, leaving a small border around the edges.
3. Layer the sliced cucumbers, shredded carrots, and sliced bell peppers on top of the hummus, spreading them out evenly to cover the tortilla.
4. If desired, add a handful of fresh spinach leaves to the veggies for an extra burst of green and nutrition.
5. Sprinkle with a pinch of salt and pepper if you prefer to add a little extra flavor.
6. Carefully roll up the tortilla, starting from one end and rolling it tightly until all the ingredients are enclosed inside the wrap.
7. If the tortilla isn't staying closed on its own, you can use a toothpick to secure the end.
8. Once rolled, cut the hummus and veggie wrap into bite-sized pieces, making it easy for your child to pick up and enjoy.
9. Serve immediately or wrap it in parchment paper or foil for a convenient on-the-go school lunch.

Serves 1
Prep and Cook Time:
10 minutes



Peanut Butter & Jelly Rolls

Ingredients

- 4 slices of whole wheat bread
- -1/2 cup peanut butter (creamy or crunchy, whichever your child prefers)
- -1/4 cup fruit jam or jelly (strawberry, raspberry, grape, etc.)

Instructions

1. Using a rolling pin, carefully flatten each slice of whole wheat bread to make it easier to roll.
2. Spread a generous layer of peanut butter evenly across each slice of bread, covering it from edge to edge.
3. Next, add a layer of fruit jam or jelly to the peanut butter, spreading it out to cover the bread.
4. Starting from one end of each slice, tightly roll up the bread, ensuring the peanut butter and jelly are secured inside.
5. Using a sharp knife, cut each rolled-up bread slice into bite-sized pieces, creating delicious and kid-friendly PB&J rolls.

Serves 2

Prep and Cook Time:
10 minutes

Quinoa Salad Burrito Bowl

Ingredients

1 cup cooked brown rice
1 cup cooked black beans or pinto beans
(canned or homemade)
1 cup diced tomatoes
1/2 cup corn kernels (fresh, frozen, or
canned)
1/4 cup diced red onions
1/4 cup chopped fresh cilantro
1 lime, juiced
1 cup of lettuce or spinach
1/4 cup salsa (store-bought or homemade
mango cucumber salsa)
vegan sour cream or avocado crema
Salt and pepper to taste

Instructions

1. Prepare the rice and black beans according to the package instructions. If using canned black beans, rinse and drain them before use.
2. In a mixing bowl, combine the cooked brown rice and black beans, mixing them together gently.
3. Add the diced tomatoes, corn kernels, diced red onions, and chopped cilantro to the rice and bean mixture. Toss everything together until well combined.
4. Squeeze the juice of one lime over the mixture to add a zesty citrus flavor. Sprinkle with salt and pepper to taste and toss again.
5. To assemble the burrito bowl, place the lettuce as the base. Then place the rice and bean mixture on top.
6. Top the bowl with the sliced avocado, adding a creamy and satisfying element to the dish.
7. Drizzle the salsa over the top and add the avocado crema.
8. Optionally, you can garnish the bowl with additional chopped cilantro for a fresh burst of herbaceousness.
9. Serve the Vegan Burrito Bowl in a lunch container or a bowl with a lid for easy transportation.



Serves 1
Prep and Cook Time:
10 minutes



Apple and Veggie Quesadilla

Ingredients

- 1 whole wheat tortilla
- 1/2 cup vegan cheese, shredded (use your favorite plant-based cheese)
- Your child's favorite veggies, sliced thin (spinach, cucumbers, tomatoes, mushrooms, etc.)
- Apple slices, thinly sliced
- Guacamole, salsa, or vegan sour cream for serving (optional)

Instructions

1. Place one whole wheat tortilla in the skillet or press. Sprinkle a layer of vegan cheese over one side of the tortilla.
2. Add veggies and apple slices in layers.
3. Fold the tortilla in half, pressing it gently with a spatula to seal the quesadilla.
4. Cook the quesadilla for about 2-3 minutes on each side until the tortilla becomes crispy and the cheese melts. If using a press, check the quesadilla for melted cheese and perfect grill marks.
5. Once cooked, transfer the quesadilla to a cutting board and let them rest for a minute before slicing them into wedges.
6. Serve the quesadilla with salsa or vegan sour cream on the side, if desired.

Tip: If your child likes cooked veggies, it only takes a few minutes to saute them in a pan in the morning. My kids loved the sauteed combination of mushrooms and onions.

Serves 2-3
Prep and Cook Time:
20 minutes



Vegan Sausage Roll

Ingredients

- 1 sheet of vegan puff pastry, thawed
- 1-2 whole vegan sausage (e.g., Field Roast)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- Salt and pepper to taste
- 1 tablespoon plant-based milk (for brushing)

Instructions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a skillet, heat the olive oil over medium heat. Add the finely chopped onion and minced garlic, and sauté until the onion becomes translucent and the garlic is fragrant.
3. Add the whole vegan sausages to the skillet and cook them for about 5 minutes, turning occasionally until lightly browned on all sides. Once cooked, remove the sausages from the skillet and let them cool slightly.
4. In the same skillet, stir in the tomato paste, dried thyme, dried sage, salt, and pepper. Cook for an additional 2-3 minutes to allow the flavors to meld together. Remove the skillet from the heat and set aside to cool slightly.
5. Roll out the thawed vegan puff pastry sheets on a clean surface.
6. Spread the cooked onion and herb mixture evenly over the puff pastry sheets.
7. Place one whole vegan sausage on the puff pastry sheet and carefully wrap the pastry around the sausage, sealing the edges.
8. Cut each long sausage roll into smaller individual rolls. Brush with a little oil or plant-based milk.
9. Place the vegan sausage rolls on the prepared baking sheet and bake for about 20-25 minutes or until they become crispy and golden.
10. Once baked, remove the vegan sausage rolls from the oven and let them cool slightly.
11. Pack in a lunch box and enjoy.



Serves 2

Prep and Cook Time:

10 - 15 minutes

Healthy, Quick Pasta Salad

Ingredients

- 2 cups cooked pasta (e.g., elbow, penne, or rotini)
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/2 cup black olives, sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup bell pepper (any color), diced
- 1/4 cup canned chickpeas
- 2 tablespoons chopped fresh parsley or basil
- 1/4 cup vegan Italian dressing
- Salt and pepper to taste

Instructions

1. Cook the pasta according to the package instructions until al dente. Drain and rinse the cooked pasta under cold water to stop the cooking process. Allow it to cool completely.
2. In a large mixing bowl, combine the cooled pasta, cherry tomatoes, cucumber, black olives, red onion, bell pepper, and chickpeas (if using).
3. Toss the ingredients gently to mix them evenly.
4. Add the chopped fresh parsley or basil to the bowl, and give it another gentle toss.
5. Pour the vegan Italian dressing or balsamic vinaigrette over the salad and mix until all the ingredients are coated evenly. Adjust the amount of dressing according to your preference.
6. Season the pasta salad with salt and pepper to taste. You can also add other seasonings like garlic powder or oregano if desired.
7. Transfer the pasta salad to a lunch container that fits your child's lunch box.
8. Seal the container tightly and refrigerate it until it's time to pack the lunch box.



Serves 2

Prep and Assemble

Time: 20 minutes

Vegan Sushi Roll

Ingredients

- 1 cup sushi rice
- 2 cups water
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- Nori seaweed sheets
- Assorted fillings: Thinly sliced cucumber, Carrot sticks, Sliced bell peppers, Thin strips of tofu or tempeh, Pickled ginger, Sesame seeds, Vegan mayonnaise, Soy sauce or tamari for dipping

Tip: Buy premade veggie sushi available at all major grocery stores or premake them the night before. For younger children make Veggie Sushi Cups: Sushi rice topped with avocado, edamame, and pickled vegetables in small reusable cups.

Instructions

1. Rinse the sushi rice in cold water until clear. Combine rinsed rice and water in a saucepan. Bring to a boil, then simmer covered for 15 minutes until cooked and water absorbed.
2. Mix rice vinegar, sugar, and salt in a small bowl until dissolved.
3. Transfer cooked rice to a large bowl. Drizzle with vinegar mixture and gently fold to coat.
4. Place a nori sheet on a bamboo mat. Spread a thin layer of rice on the nori, leaving space at the top edge.
5. Arrange fillings horizontally on the rice.
6. Roll sushi tightly using a bamboo mat. Moisten the top edge of the nori to seal.
7. Slice roll into bite-sized pieces with a sharp, wet knife. Clean knife between cuts.
8. Repeat the process with the remaining nori sheets and fillings.
9. Serve vegan sushi with pickled ginger, soy sauce, and add vegan mayo or sesame seeds for extra flavor.

Serves 2
Prep and Cook Time:
25 minutes



Tofu Cubes and Sweet Potato Fries

Ingredients

For the Tofu Cubes:

- 1/2 block of firm or extra-firm tofu cut into cubes
- 1/4 tsp of adobo or garlic salt
- sriracha to taste (for younger children, leave out)

Instructions

1. Preheat your air fryer to 425°F (220°C).

2. Tofu Preparation:

- Drain the tofu and gently press it between paper towels or a clean kitchen towel to remove excess moisture. Cut the tofu into cubes of your desired size.
- Mix the tofu with the adobo (or garlic salt) in a medium-sized bowl. Add sriracha if using.

3. Sweet Potato Fries Preparation:

- Peel the sweet potatoes and cut them into thin, evenly-sized fries. Thicker fries may require longer cooking time.
- Combine the olive oil, paprika, salt, and black pepper in a separate bowl. Add the sweet potato fries to the bowl and toss them until they are well coated with the seasoning.

4. Spread the tofu cubes and sweet potato fries in a single layer on the prepared baking sheet or air fryer. Ensure they are not crowded, so they cook evenly and get crispy.

5. Bake the tofu and sweet potato fries in the preheated oven for about 20-25 minutes in the oven or 10 minutes in the air fryer until the tofu is golden and slightly crispy and the sweet potato fries are tender and caramelized. Flip the tofu cubes and fries halfway through the baking time for even cooking.

6. Once they are done, remove the baking sheets from the oven and let the tofu and sweet potato fries cool slightly before serving.

For the Sweet Potato Fries:

- 2 medium-sized sweet potatoes
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Tip: Use frozen sweet potatoes fries. Trader Joe's carries one-ingredient sweet potato frozen fries

Serves 6
Prep Time: 10
minutes



Three Bean Salad with Crackers

Ingredients

For the Salad:

- 1 can (15 ounces) kidney beans
- 1 can (15 ounces) chickpeas
- 1 can (15 ounces) green beans
- 1/2 cup diced red onion
- 1/2 cup chopped bell peppers
- 1/4 cup chopped fresh parsley or cilantro

For Serving:

- Whole-grain crackers or your favorite vegan crackers


For the Dressing:

- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons maple syrup or agave nectar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Instructions

1. In a large mixing bowl, combine the drained and rinsed kidney beans, chickpeas, green beans, diced red onion, chopped bell peppers, and fresh parsley or cilantro (if using). Toss the ingredients together gently to mix well.
2. Whisk together the olive oil, apple cider vinegar, maple syrup or agave nectar, Dijon mustard, garlic powder, salt, and pepper in a separate small bowl.
3. Pour the dressing over the bean mixture and stir until all the beans and vegetables are coated evenly with the dressing. Adjust the salt and pepper to taste.
4. When ready to serve, stir the salad to make sure the dressing is evenly distributed.
5. Serve the Three Bean Salad in individual lunch containers or small bowls alongside a stack of whole-grain crackers or your preferred vegan crackers.

Tip: For the best flavor, cover the bowl with plastic wrap or a lid and refrigerate the bean salad for at least 1 hour before serving. This allows the flavors to meld and enhances the taste of the salad.



Serves 20 balls
Prep Time: 10 min
Chill Time: 20 min.

Vegan Chocolate Chip Energy Balls

Ingredients

- 1 cup rolled oats
- 1/2 cup almond butter (or any nut butter of your choice)
- 1/3 cup maple syrup or agave nectar
- 1/4 cup ground flaxseed
- 1/4 cup vegan chocolate chips
- One teaspoon of vanilla extract
- A pinch of salt
- Shredded coconut (optional)

Tip: These can be a little sticky. Use coconut shreds to coat the balls and lessen the stickiness.

Instructions

- Combine the rolled oats, almond butter, maple syrup or agave nectar, ground flaxseed, vegan chocolate chips, vanilla extract, and a pinch of salt in a large mixing bowl.
- Stir the mixture until all the ingredients are well combined and form a sticky dough.
- Roll in the coconut shreds if using.
- Place the bowl in the refrigerator for about 15-20 minutes to let the dough chill. Chilling will make it easier to handle and shape into balls.
- After chilling, roll small portions of the dough between your hands to form bite-sized energy balls. You can make them as big or small as you prefer.
- Store the energy balls in an airtight container in the freezer to keep them fresh. Serve them straight from the freezer. They will stay good for up to a month, but they are so tasty that they usually don't last that long!

[Vegan Chocolate Chip Energy Balls](#)



Servings: 8
Prep and Cook
Time: 30 minutes



Chipotle Black Bean Burgers (on the cover)

Ingredients

- 3 cups cooked black beans
- 2 cups brown rice cooked
- 1 cup oats
- ½ cup corn
- ¼ cup red onion finely chopped
- ¼ cup fresh cilantro chopped
- 2 cloves garlic minced
- 1 chipotle pepper in adobo sauce
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp salt adjust to taste
- ½ tsp black pepper
- 1 tbsp olive oil for cooking

Instructions

1. Combine half of the black beans in a food processor with all the ingredients. Pulse until crumbly, careful not to over-mix until smooth.
2. Place mixture into a bowl. Add the remaining whole black beans to the bowl and mix.
3. Mix all the ingredients together until well combined. The mixture should be slightly sticky and hold its shape when formed into patties.
4. Divide the mixture into equal portions (about 150-160 grams or the size of a tennis ball) and shape them into burger patties, about ½ to ¾ inch thick.
5. Place them on a tray and freeze them. After they are frozen, place them in a freezer bag or freezer-friendly container.
6. In the morning, take out a burger from the freezer. Cook for several minutes on each side or place in an air fryer to bake.
7. Build your child's burger with their favorite toppings.