

Meal Mentor Travel Food List

Bean Dip

Fritos Bean Dip
7-Eleven's generic brand

Breakfast Foods

BelVita Breakfast Biscuits
Erin Baker's Breakfast Cookies (a few varieties are vegan)
Fantastic World Foods Tofu Scrambler mix (add tofu)
Meal Mentor Muffins (see the Big Breakfast Book)

Canned Rice & Beans

Eden Organic Brown Rice & Green Lentils
Eden Organic Cajun Rice & Beans
Eden Organic Caribbean Rice & Beans

Dr. McDougall's Right Foods (just add water)

Black Bean & Lime Soup
Cranberry Almond Muesli
Lentil Couscous Soup
Lentil Curry Pilaf
Masala Lentil Pilaf
Maple Oatmeal
Minestrone
Pad Thai Noodle
Spicy Kung Pao Noodle
Split Pea Soup
Tortilla Soup
Vegan Chicken Flavor Noodle Soup
White Bean & Pasta Soup

Dr. McDougall's Right Foods Tetra Paks (no water needed)

Black Bean Soup
Chili Bean Soup
Lentil Soup
Vegetable Soup

Falafel Mix

Fantastic World Foods
Orgran (gluten-free)
Near East

Fruits & Vegetables (freeze dried or air dried)

Harmony House Foods
Just Fruit
Just Veggies
Mother Earth
North Bay Trading Co.

Grains

Quinoa (precooked): Minsley, GoGo, or generic
Rice (precooked): Minsley, GoGo, Lundberg, or generic (microwave)
Couscous (add hot water)
Casbah Tabouli (add tomato)
Oatmeal (precooked): Minsley (microwave)
Oatmeal Packets (instant, add hot water)

Hummus

Casbah Hummus Mix (add water)
Fantastic World Foods (add water)
Wild Garden Hummus Dip

Mac & Cheese

Road's End Organics (gluten-free option) (boil in a coffeepot)

"Meal", Granola & Fruit Bars

Clif Bar
Larabar
Luna Bar
ProBar
Nature Valley granola bars (contains honey)
That's It Fruit Bars

Nondairy Milk in Aseptic Cartons

Pacific Foods (8-oz bottles)
Pure Almond
Silk

Refried Bean Mix

Fantastic World Foods
Mother Earth
Taste Adventures
Santa Fe Bean Company

Shelf-Stable Tofu

Mori-Nu
Trader Joe's brand

Vegan Cheeze

Food for Lovers
Nacheeze (nacho-style "cheese")

Vegetarian "Meats"

Fantastic World Foods Nature's Burger
Primal Strips Meatless Jerky
Worthington Ground Burger
Worthington Franks
Worthington Diced Chik

MISC.

- Beans in Tetra Paks (sold at Whole Foods Market)
- California Suncakes
- Fantastic World Foods Instant Black Beans
- Fantastic World Foods Sloppy Joe Mix
- Fantastic World Foods Taco Filling
- Fantastic World Foods Vegetarian Chili
- GoPicnic Ready-to-Eat Meals (several vegan options)
- NuturMe Baby Food
- Peanut Butter (individual packets)