

## Herbivore as a teen

If your folks will not buy animal free substitutes, just substitute with what you have. And since parents might interpret your food choices as an indictment on them, do not use language unfamiliar to them like “vegan” or “herbivore” or even “dairy free”. Say “mom can I have French bread for my sandwiches” instead of “can I have some vegan bread”. Read labels, many of which are available by suppliers online, and choose plant based items for the shopping list over those you used to eat-like dairy free dry cereal over milk containing cereal. Go to the store and help with shopping so you can choose what you prefer but do the research in advance so your parents are not waiting on you to read labels. Then help carry in groceries and put away so they welcome your help at shopping any maybe will allow you to get a thing of tofu once and a while.

### Breakfast

Eat dairy free cereal for breakfast without milk (i.e. dry) or oatmeal. If your parents will buy you dairy free milk most people enjoy rice or coconut milk for cereal. I hated oatmeal because of its texture so as an adult I eat it so thick if I put a spoon in it the spoon sticks straight up. Try different seasonings-cinnamon, nutmeg, pumpkin pie spice, vanilla or even almond extract. I use a teaspoon of sugar free pancake syrup.

If you have toast use jelly instead of butter. Another option is fruit with soy yogurt.

<http://www.happyherbivore.com/recipe/homemade-vegan-yogurt-tofu-yogurt/>

Bisquick is vegan so make the family pancakes, waffles or biscuits with dairy free milk and applesauce instead of eggs.

Ask for French bread instead of sandwich bread for your lunches (or some sourdough bread is dairy free)

Choose different snacks. Pick fruit over cheese crackers. If you need something to store for ‘emergencies’ Nature’s Valley granola bars have no milk but Quaker oats granola bars do so look at your snacks and ask for things that happen to be plant based.

Bring leftovers to school for lunch or make “tuna” salad (HH pg 113) or black bean burgers (HH pg 86) on French or sourdough bread or bean burritos for lunch. <http://www.happyherbivore.com/recipe/mock-tuna-salad/>

<http://www.happyherbivore.com/recipe/quick-black-bean-burger/> Try eggless salad sandwiches.

<http://www.happyherbivore.com/recipe/eggless-salad/>

Have a “go to” canned vegetable. Yes, frozen is better for you but parents may resist you taking up a bunch of freezer room. A can of green beans before dinner helps fill you up and is full of fiber and vitamins. Always choose vegetables when you can over bread or processed food.

For dinner find a plant based meal that everyone enjoys and cook for the family at least once a week. This way your parents see what you are eating is healthy and you can positively influence their eating. If they have a benefit from your change in diet then they might be more supportive. Family favorites can be mock meatloaf

<http://www.happyherbivore.com/recipe/mock-meatloaf/> or vegan crab cakes

<http://www.happyherbivore.com/recipe/vegan-crab-cakes/>

Living plant based means taking on additional responsibility earlier in your life over your peers-doing research on what you are eating, helping to shop, making your own meals. This will make you a stronger person, a better employee and a healthier employee.

Other ideas can be found at:

<http://happyherbivore.com/2012/04/plant-based-vegan-meals-teens/>