



Vegan Dining Emergency Kit



Download Essential Vegan Apps & Resources

- HappyCow App (find vegan restaurants worldwide)
- Yelp App (check reviews and photos)
- Google Translate (to overcome language barriers)
- Barnivore.com (check if alcohol is vegan)
- Restaurant website



Emergency Vegan Food Stash

- Nutritional yeast packets (flavor boost)
- Individual vegan salad dressing sachets
- Protein bars and trail mix or nuts
- Fruit and nut butter
- Hummus and veggie sticks
- Popcorn



Safe Choices

Mexican

Bean burritos (no cheese /sour cream), guacamole & chips, Veggie fajitas, Black bean tacos

Indian

Chana masala, Dal (no ghee), aloo gobi, vegetable biryani

Italian

Pasta marinara, bruchetta, minestrone soup, arrabbiata sauce

Thai

Vegetable curry, tofu pad thai (no egg), son tan (papaya salad, Thai basis stir-fry)



Emergency Side Dish Combos

- Side salad (no cheese) + baked potato (no butter)
- Steamed vegetables + rice + avocado slices
- French fries + side salad + fruit cup
- Soup (vegetable broth) + bread + side vegetables
- Bean side + grilled vegetables + pasta marinara



Hidden Non-Vegan Ingredients to Watch

- Cesar dressing (anchovies), worchestershire sauce (fish)
- Refried beans (lard)
- French onion souce (beef broth)
- some wines/beers (animal filtering)
- Bread (many contain eggs/mils)
- Vegetable soup (may use chicken broth)



Personal Notes

My Go-To Restaurants:

- 1.
- 2.
- 3.
- 4.

Modification Ideas:

- 1.
- 2.
- 3.
- 4.

Vegan Guide

Use this guide to help you make informed choices with confidence.
For more time-saving vegan tips, visit [BusyVeganLife.com](https://www.busyveganlife.com)