



7 VEGAN DISHES

YOU CAN MAKE ANYWHERE

FOOD YOU CAN MAKE ANYWHERE

The key to vegan travel is in the planning – looking up restaurants before your trip. But also in knowing what to do if you don't find anything! What if you find yourself in some far-flung tiny town that doesn't have any vegan-friendly restaurants, and you've sauntered into half the places in town only to be told they couldn't make you a vegan meal? Then this book is for you!

Or, you've been sent off on a work trip yet again. You're getting sick of living out of a suitcase but even more fed up with having to eat out every day.

In this book I've listed 7 vegan dishes you can make anywhere (taken from my book, *The Essential Vegan Travel Guide*). All you need is some plastic cutlery, plate or bowl, and for some, a hotel room coffeemaker (or kettle).

If you're having trouble finding vegan options for your next trip and want someone else to do your homework for you, check out my personalized guidebook service, where I make you your very own vegan travel guide to your destination. You can get \$25 off your first guide with code "vgs25" below if you order before December 31st, 2016. Go to theveganword.com/guidebooks to redeem.



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SOUP IN A COFFEEMAKER

Equipment needed: coffeemaker, bowl and spoon

1. Supermarket: Buy a can of your favorite soup.
2. In hotel: Turn on the coffeemaker. Pour the soup into the glass coffee pot and turn on, but don't fill any water in the water filter (unless you want to water down your soup). The hot plate under the glass coffee pot will heat up your soup.

SALAD

Equipment needed: plate, fork and knife

1. Supermarket: Pick up some lettuce and your favorite vegetables, plus a can of beans of your choice. Look for miniature bottles of vinegar and olive oil for the dressing.
2. In hotel: Wash veg in bathroom sink, chop vegetables on the plate with your knife. Arrange on the plate, top with dressing and you're done!

**Please be careful and only do this in countries where the water is safe! In countries where the drinking water is not safe (e.g. India) do NOT buy and consume raw, uncooked vegetables.*

COUSCOUS IN A COFFEEMAKER

Equipment needed: hotel room coffeemaker or kettle, bowl, plate and fork or spoon.

1. Supermarket: Buy couscous, your favorite vegetables and beans, and a sauce or spice mix if you want.
2. In hotel room: Heat water in the coffeemaker until as close to boiling as possible, then pour over a bowl of couscous. Put the plate on top of the bowl so the couscous cooks for several minutes. You can steam vegetables as well, in an inch or so of water in the glass coffee jar. Put them on the heat until they have steamed through. Add beans and you have a meal!

BEAN BURRITOS

Equipment needed: plate, knife, possibly a can opener

1. Supermarket: Buy tortillas, a can of refried beans (get one with an easy-open top if possible, or ask at hotel reception if they have a can opener you can borrow), black olives, tomatoes, salsa, avocado.
2. In hotel room: This one's so simple! Chop up your olives and tomatoes and slice your avocado. Put it all in the tortilla and roll it up!

AVOCADO ON TOAST

Equipment needed: toaster, plate, bowl, knife

1. Supermarket: Buy bread and avocado, and, if you're feeling fancy, a lemon.
2. In hotel room: If you don't have a toaster and are staying in a hotel, check if there's a toaster in the breakfast room they'll let you use. Or I've read (but be careful because this sounds kind of dangerous!) you can toast on an iron if your hotel has an iron and ironing board.
3. Toast the bread, cut the avocado and mash in the bowl. Put the mashed avocado on the toast and top with a sprinkle of

lemon juice.

OATMEAL IN A COFFEEMAKER

Equipment needed: hotel room coffeemaker, bowl, spoon

1. Supermarket: buy oats.
2. In hotel room: Put the oats and water in the coffeemaker, heat until cooked.

SANDWICHES

PB & J, hummus and tomato slices, vegetable pate, tofu (like the pre-cooked and marinated Taifun variety you can get across Europe) & vegetables

Equipment needed: plate, knife

1. Supermarket: Buy bread or wrap and your favorite fillings.
2. In hotel room: Make the sandwich. (Does this require any more explanation?)

WANT MORE TRAVEL TIPS? CHECK OUT MY BOOK!



If you want more travel tips on how to find vegan food any time of the year, anywhere in the world, check out my book *The Essential Vegan Travel Guide*! Unlike other vegan guidebooks to specific cities or countries, *The Essential Vegan Travel Guide* is a DIY guide showing you the best resources to plan your own trip and find vegan restaurants, choose where to stay, make new friends, research local accidentally vegan cuisine and pack your vegan suitcase. It also has emergency recipes, like couscous in a coffeemaker, in case you get stuck somewhere without any other options.

Keep an eye on your email for a special offer on the book coming up soon. You can find out more about the book at: theveganword.com/the-essential-vegan-travel-guide