

DIETARY ACCOMMODATIONS

Vegetarians and vegans will have options at every meal. While on course, many meals will be vegetarian due to the unfeasibility of procuring/refrigerating meat. Texturized soy protein is common, but tempeh, seitan and tofu are not readily available. The bulk of your protein intake will stem from legumes, fish or chicken. At least one meal of the day typically includes some version of rice and beans.

Our trail mix contains peanuts but will be modified if you have a peanut allergy.

TYPICAL OPTIONS ON COURSE

BREAKFAST

- Buttermilk Pancakes
- Cereal with Milk or Soymilk (vegan)
- Granola (vegan)
- Tropical Fruit (vegan)
- Gallo Pinto (vegan)
- Breakfast Burritos
- Scrambled Eggs
- French Toast
- Oatmeal (vegan)

LUNCH

- Peanut Butter & Jelly Sandwiches
- Ham & Cheese Sandwiches
- Gallo Pinto (vegan)
- Salad (vegan)
- Hard Boiled Eggs
- Empanadas
- Burritos (vegan)
- Hummus & Veggies (vegan)

If you indicate that you are allergic to gluten, we will buy staple items such as corn tortillas and puffed rice cereal. If you are new to the gluten-free lifestyle, make sure you check with your instructor about hidden gluten inside many of our meals. The following is a list of common foods on course that may contain gluten: hot cocoa powder, white pepper, curry powder, dry roasted nuts, instant coffee, lunch-eon meats, texturized vegetable protein, soy sauce, salad dressing, mustard, granola, and cereal.

DINNER

- Chili with Texturized Soy Protein (vegan)
- Spaghetti (vegan)
- Tacos
- Empanadas
- Burritos (vegan)
- Bean Soup (vegan)
- Vegetable Stir-fry (vegan)
- Macaroni and Cheese
- Roasted Bell Peppers
- Salad (vegan)
- Fried Rice (vegan)
- Tilapia & Mashed Potatoes
- Chicken & Lentils

SNACKS

- Fruit
- Trail Mix (raisins, peanuts, and coconut shavings)
- Cookies
- Crackers (vegan)
- Granola Bars (vegan)

WHAT CAN YOU BRING TO SUPPLEMENT?

- Nuts & Seeds (ex. almonds, walnuts, pecans, pistachios, hemp)
- Energy Bars (ex. Clif, Vega)
- Dry Roasted Edamame
- Fruit Bars & Leathers
- Dried Fruit
- Kale Chips

- Pretzels
- Chocolate Bars
- Almond Butter
- Vegan or Meat Jerky
- Vegan Baked Goods
- Nutella
- Gatorade Powder
- Protein Powder