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As I previously mentioned, I did take along some shelf-stable pre-packaged meals that I heated in the microwave once we got to our motel. Unfortunately, I forgot to take a bowl and tableware from home, something I normally do as I do not like heating food in those plastic pouches. Although I do not routinely use protein powder, I would definitely make certain to take some with me the next time I travel. I like [Complement's](#) organic unflavored protein powder, as it contains only real plant ingredients without fillers, sweeteners or flavoring.

[Tasty Bite](#) has a variety of ready-to-eat entrees in shelf-stable pouches. Although not all of their meals are vegan, they are clearly labeled on the back of the package if they are vegan and/or gluten-free. Best to purchase here in the Pacific Northwest, as they are not available in many places in the South and Southwest.

[Seeds of Change](#) has some great ready-to-eat organic rice options in convenient pouches. However, they usually do not contain much protein, so they are best combined with something else. Again, purchase here to take with you.

[O'Doughs'](#) gluten-free vegan bagels (look in your freezer section) travel well and make a great quick snack with the addition of nut butter (I took a jar of my favorite peanut butter by [Once Again](#)). Don't forget to take a knife!

I was able to find [Amy's Kitchen](#) meals (available with vegetarian and vegan options) in the freezer section of some of the larger grocery stores along our travels. Although they are not stable for travel, they were a welcomed meal after a long day of traveling when there were few restaurant options for dinner.

Finding vegan options in most of the grocery stores in Arkansas and Texas was challenging, but [H-E-B](#) grocery stores carry a large variety of organic fruits, vegetables and some vegan-friendly gluten-free foods.

We had a wonderful time seeing family and friends, as well as exploring new places in the South and Southwest. I returned home with great memories and a new appreciation for the abundance of healthy vegan food choices we have here in the Pacific Northwest.