

Healthy, Vegan Snacks + Light Meals

Ideas List

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Savory snacks

- [Vegan jerky](#)
- Seed crackers
- Nuts
- Roasted legumes, e.g. edamame + chickpeas

Sweet snacks

- [Dark chocolate](#) (preferably with high cocoa content)
- Fresh fruit, e.g. apples + grapes
- Power bites (homemade or store-bought)
- [Almond butter sachets](#)
- Healthy cookies (made with whole grains and less sugar)

Light meals

- [Instant noodle cups](#)
- Homemade [ramen](#) bowl
- Cold tahini tofu noodle salad
- Baked tofu pieces w. roasted sweet potato
- Oatmeal w. flax + dried fruit

Protein boost

- [Fuel for Fire](#) protein smoothie
- [Noka](#) superfood smoothie pouches
- Vega One bars or [GoMacro](#) bars

Miscellaneous

- Travel cutlery (e.g. portable stainless silverware set)
- [Vitamin dissolvables/immunity booster](#) ([on-the-go sachets](#))

Tips

- Always declare any food items you are bringing to customs officials to avoid fines or confiscation.
- Plan to consume fresh produce before landing to comply with customs restrictions.

Essential Relaxation-Aiding Substances in Snacks

Tryptophan: Found in pumpkin seeds, tofu, soy products, and oats. Helps boost serotonin levels and promote relaxation.

Magnesium: Present in nuts, seeds, and leafy green vegetables. Helps with muscle relaxation and regulating the nervous system.