

Vegan Meal Plan

📅 2023-11-06 👤 Lucy Domingo, RND

DAY 1

Breakfast	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	1 serving (431 g)
Morning Snack	Kale Chips	1 serving (64 g)
Lunch	Vegan Tofu Quinoa Wrap	2 serving (832 g)
Afternoon Snack	Dairy-Free Chai Tea Latte	1 serving (256 g)
Dinner	Creamy Coconut Curry Soup with Seitan	2 serving (550 g)

DAY 2

Breakfast	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	2 serving (128 g)
Morning Snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Lunch	Seitan and Broccoli over Brown Rice	1 serving (702 g)
Afternoon Snack	Lemon Garlic Asparagus and Tempeh	375 g
Dinner	Cocoa powder, 100%	2 tablespoons (10 g)
	Almond Milk	1 cup (262 g)

DAY 3

Breakfast	Garlicky White Beans and Kale Pasta	1 serving (121 g)
Morning Snack	Vegan Chickpea Flour and Tofu Omelette Muffins with Tomatoes	1 serving (67 g)
Lunch	Seitan Kebabs with Rice	2 serving (942 g)
Afternoon Snack	Peanut butter, reduced sodium	2 tbsp (32 g)
	Whole Wheat Bread	1 slice (32 g)
Dinner	Cauliflower Tofu Leek Soup with Toasted Bread	1 serving (444 g)

DAY 4

Breakfast	Baked Teriyaki Tempeh with Potatoes, Broccoli, and Peppers	1 serving (262 g)
Morning Snack	Dairy-Free Chai Tea Latte	1 serving (256 g)
Lunch	Sauteed Seitan, Cabbage and Carrots over Rice	1 serving (292 g)
Afternoon Snack	Air Fried Popcorn Tofu	2 serving (484 g)
Dinner	Vegan Almond Cranberry Protein Bars	1 serving (60 g)

DAY 5

Breakfast	Vegan Blended Garlic Brussels Sprout Soup	1 serving (352 g)
Morning Snack	Almond Butter Toasted Quinoa Crunch Bars	1 serving (48 g)
Lunch	Cauliflower Tofu Leek Soup with Toasted Bread	1 serving (444 g)
Afternoon Snack	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	1 serving (289 g)
Dinner	Vegan Garlicky Kale with Seitan over Rice	2 serving (664 g)

DAY 6

Breakfast	Vegan Mongolian Seitan over Brown Rice	1 serving (242 g)
Morning Snack	Hummus	1 tub (180 g)
	Carrot, cut into pieces	1 cup strips or slices (122 g)
Lunch	Tofu, Corn, Mushroom, and Carrot Stir Fry	360 g
Afternoon Snack	Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach	1 serving (58 g)
Dinner	Seitan Stir-Fry with Zucchini and Brown Rice	2 serving (540 g)

DAY 7

Breakfast	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	1 serving (64 g)
Morning Snack	Vegan Potato and Carrot Pancakes	1 serving (122 g)
Lunch	Vegan Tofu and Carrots Stir-Fry over Brown Rice	2 serving (764 g)
Afternoon Snack	Air Fried Popcorn Tofu	2 serving (484 g)
Dinner	Creamy Broccoli and Tofu Casserole	2 serving (610 g)

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
D A Y	Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)	Kale Chips	Vegan Tofu Quinoa Wrap	Dairy-Free Chai Tea Latte	Creamy Coconut Curry Soup with Seitan
1					
D A Y	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	Seitan and Broccoli over Brown Rice	Lemon Garlic Asparagus and Tempeh	Cocoa powder, 100% Almond Milk
2					
D A Y	Garlicky White Beans and Kale Pasta	Vegan Chickpea Flour and Tofu Omelette Muffins with Tomatoes	Seitan Kebabs with Rice	Peanut butter, reduced sodium Whole Wheat Bread	Cauliflower Tofu Leek Soup with Toasted Bread
3					
D A Y	Baked Teriyaki Tempeh with Potatoes, Broccoli, and Peppers	Dairy-Free Chai Tea Latte	Sauteed Seitan, Cabbage and Carrots over Rice	Air Fried Popcorn Tofu	Vegan Almond Cranberry Protein Bars
4					
D A Y	Vegan Blended Garlic Brussels Sprout Soup	Almond Butter Toasted Quinoa Crunch Bars	Cauliflower Tofu Leek Soup with Toasted Bread	Vegan Chocolate Banana Baked Oatmeal (Unsweetened)	Vegan Garlicky Kale with Seitan over Rice
5					
D A Y	Vegan Mongolian Seitan over Brown Rice	Hummus Carrot, cut into pieces	Tofu, Corn, Mushroom, and Carrot Stir Fry	Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach	Seitan Stir-Fry with Zucchini and Brown Rice
6					
D A Y	Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms	Vegan Potato and Carrot Pancakes	Vegan Tofu and Carrots Stir-Fry over Brown Rice	Air Fried Popcorn Tofu	Creamy Broccoli and Tofu Casserole
7					

Macronutrient summary

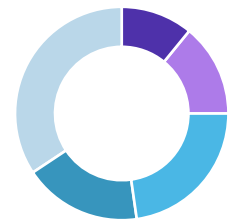
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12454.4	1779.2
Protein [g]	805.3	115
Fat [g]	460.2	65.7
Carbs [g]	1373.8	196.3
Fiber [g]	229.8	32.8
Net Carbs [g]	1144	163.4



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	250.7	13.3	8.4	32.4	6.2	26.2
Morning Snack	194.1	6.8	9.9	22.5	5.3	17.1
Lunch	610.6	44.3	19.9	66.9	9.1	57.8
Afternoon Snack	319.1	18.4	11.6	37.6	4.5	33.1
Dinner	404.6	32.2	16	36.9	7.7	29.2



Breakfast Morning Snack Lunch Afternoon Snack Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1811.8	112.6	67.8	201.1	48.8	152.3
Day 2	1774.2	118.6	65.4	200.7	33.9	166.8
Day 3	1785.4	115	63	201	27.8	173.2
Day 4	1773.8	114.5	62.2	200.6	23.1	177.5
Day 5	1743.7	114	65.2	199.4	35.8	163.6
Day 6	1713.3	116.8	68	169.2	30.7	138.5
Day 7	1852.2	113.7	68.7	201.8	29.7	172.1

Micronutrient summary

NUTRIENT	AVG/DAY	DRI	TUL	DRI %
Calcium, Ca [mg]	886.2	1000	2500	89
Iron, Fe [mg]	18.3	18	45	102
Magnesium, Mg [mg]	430.4	310	*350 mg	139
Phosphorus, P [mg]	1088.2	700	4000	155
Potassium, K [mg]	3033.2	4700		65
Sodium, Na [mg]	4873	1500	2300	325
Zinc, Zn [mg]	7.7	8	40	96
Vitamin A, RAE [ug]	671.7	700	3000	96
Vitamin E [mg]	10.7	15	1000	71
Vitamin D [ug]	0.4	15	100	3
Vitamin C [mg]	204.1	75	2000	272
Thiamin [mg]	1.1	1.1		103
Riboflavin [mg]	0.9	1.1		86
Niacin [mg]	11.1	14	35	80
Vitamin B6 [mg]	1.8	1.3	100	136
Vitamin B12 [ug]	0	2.4		1
Vitamin K [ug]	357.6	90		397

Lemon Garlic Asparagus and Tempeh

🕒 20 min 🍽️ 2 servings

391 Kcal / serving

29g Protein 26g Fat 21g Carbs

Ingredients

- Juice of lemon, 2 tablespoon (32 g)
- Olive oil, 2 tbsp (26 g)
- Asparagus spears, 1 bunches (450 g)
- Garlic, 4 clove (12 g)
- Tempeh, 1 package (228 g)
- Salt and pepper, 1 pinch (0.1 g)



Instructions

1. Trim the tough ends of the asparagus spears and cut them into bite-sized pieces.
2. Heat olive oil in a large skillet over medium heat.
3. Add minced garlic and sauté for about 1 minute until fragrant.
4. Add sliced tempeh to the skillet and cook for 3-4 minutes until lightly browned.
5. Add asparagus pieces to the skillet and cook for an additional 4-5 minutes until tender-crisp.
6. In a small bowl, whisk together lemon juice, lemon zest, salt, and pepper.
7. Pour the lemon garlic sauce over the asparagus and tempeh in the skillet.
8. Stir well to coat everything evenly and cook for another minute to heat through.
9. Remove from heat and serve hot.
10. Enjoy your keto vegan friendly Lemon Garlic Asparagus and Tempeh!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	782.5	104.6	391.3
Protein [g]	57	7.6	28.5
Fat [g]	51.3	6.9	25.7
Carbs [g]	41.1	5.5	20.6
Fiber [g]	9.8	1.3	4.9
Net Carbs [g]	31.3	4.2	15.7



Protein Fat Carbs

Tofu, Corn, Mushroom, and Carrot Stir Fry

🕒 30 min 🍽️ 4 servings

173 Kcal / serving

10g Protein 11g Fat 10g Carbs

Ingredients

- **Corn kernels**, 1/2 cup (82 g)
- **Carrots**, 2 small (101 g)
- **Green onions**, 2 tablespoons (14 g)
- **Ginger**, 1 tablespoon (7 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 1 tablespoon (13.6 g)
- **Garlic**, 2 cloves (6 g)
- **Soy sauce**, 2 tablespoon (38 g)
- **Tofu**, 1 block (340 g)
- **Salt**, 1/4 tsp (1.5 g)
- **Black Pepper**, 1/2 tsp, ground (1.2 g)
- **Mushrooms, Fresh**, 1 cups (97 g)



Instructions

In a small bowl, whisk together the soy sauce, sesame oil, grated ginger, minced garlic, and sliced green onions. Set aside.

Heat the vegetable oil in a large skillet or wok over medium-high heat.

Add the tofu cubes and cook until golden brown on all sides, about 5 minutes. Remove the tofu from the skillet and set aside.

In the same skillet, add the sliced mushrooms and julienned carrots. Stir fry for 3-4 minutes until the vegetables are slightly tender.

Add the corn kernels and cooked tofu back to the skillet. Stir to combine.

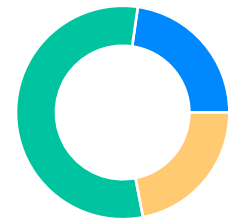
Pour the prepared sauce over the tofu and vegetable mixture. Stir fry for an additional 2-3 minutes until everything is well coated and heated through.

Season with salt and pepper to taste.

Serve the tofu, corn, mushroom, and carrot stir fry hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	691.9	96.7	173
Protein [g]	40.9	5.7	10.2
Fat [g]	44.3	6.2	11.1
Carbs [g]	39.5	5.5	9.9
Fiber [g]	9.4	1.3	2.4
Net Carbs [g]	30.1	4.2	7.5



Protein Fat Carbs

Dairy-Free Chai Tea Latte

🕒 15 min 👤 2 servings

45 Kcal / serving

1g Protein 3g Fat 3g Carbs

Ingredients

- Ground nutmeg, 1/8 teaspoon (0.3 g)
- Vanilla extract, 1/4 teaspoon (1 g)
- Ground ginger, 1/4 teaspoon (0.5 g)
- Almond milk, 2 cups (500 g)
- Ground cinnamon, 1/2 tsp (1.3 g)
- Vanilla Extract, 1 teaspoon (4 g)
- tea bags, 2 tea bag, (makes 8 fl oz prepared) (4 g)
- Stevia, or another sweetener, 1 package (1 g)



Instructions

In a small saucepan, heat the almond milk over medium heat until hot but not boiling.

Add the chai tea bags to the saucepan and let steep for 5 minutes.

Remove the tea bags and stir in your preferred sweetener and ground spices.

Using an immersion blender or frother, blend the mixture until frothy.

Pour the chai tea latte into mugs and top with frothed coconut milk or almond milk, if desired.

Sprinkle with ground cinnamon for garnish, if desired.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	90.6	17.7	45.3
Protein [g]	2.6	0.5	1.3
Fat [g]	6.1	1.2	3.1
Carbs [g]	5.2	1	2.6
Fiber [g]	2.3	0.4	1.2
Net Carbs [g]	2.9	0.6	1.5



Protein Fat Carbs

Creamy Broccoli and Tofu Casserole

🕒 30 min 🍽️ 4 servings

179 Kcal / serving

14g Protein 9g Fat 15g Carbs

Ingredients

- **Onion powder**, 1 teaspoon (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Broccoli**, 1 small (584.6 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Garlic**, 2 clove (5.8 g)
- **Tofu**, 1 block (340 g)
- **Almond milk**, 1 cup (250 g)
- **Nutritional yeast**, 2 tablespoons (15 g)
- **Pepper**, 1/2 teaspoon (1 g)



Instructions

Preheat the oven to 375°F (190°C).

In a large pot of boiling water, blanch the broccoli florets for 2-3 minutes. Drain and set aside.

In a separate bowl, whisk together the almond milk, nutritional yeast, minced garlic, onion powder, paprika, salt, and pepper.

Heat olive oil in a skillet over medium heat. Add the tofu cubes and cook until lightly browned on all sides.

Pour the almond milk mixture over the tofu in the skillet. Stir well and cook for 2-3 minutes, until the sauce thickens.

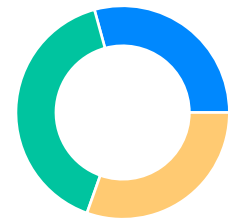
In a casserole dish, combine the blanched broccoli and tofu mixture. Mix well to ensure the sauce coats all the ingredients.

Bake in the preheated oven for 15-20 minutes, or until the casserole is heated through and the top is golden brown.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	715.7	58.8	178.9
Protein [g]	56.3	4.6	14.1
Fat [g]	34.5	2.8	8.5
Carbs [g]	58.6	4.8	14.7
Fiber [g]	23.4	1.9	5.9
Net Carbs [g]	35.2	2.9	8.8



Protein Fat Carbs

Air Fried Popcorn Tofu

🕒 30 min 🍽️ 2 servings

278 Kcal / serving

18g Protein 6g Fat 37g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.5 g)
- Paprika, 1 teaspoon (2 g)
- Cooking oil, 1 teaspoons (4 g)
- Block of extra tofu, 1 (396 g)
- Cornstarch, 1/2 cup (64 g)
- Nutritional yeast, 1/4 cup (11 g)
- Garlic powder, 1 teaspoon (3 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Press the tofu to remove excess moisture. Cut the tofu into small bite-sized cubes.

In a bowl, combine cornstarch, nutritional yeast, garlic powder, paprika, salt, and black pepper. Mix well.

Toss the tofu cubes in the cornstarch mixture until evenly coated.

Preheat your air fryer to 400°F (200°C).

Spray the air fryer basket with cooking spray or lightly brush with oil to prevent sticking.

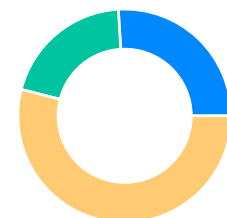
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

Air fry for 15-20 minutes, shaking the basket halfway through to ensure even cooking.

Once the tofu is crispy and golden brown, remove from the air fryer.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	555.1	114.9	277.6
Protein [g]	35.8	7.4	17.9
Fat [g]	12.3	2.5	6.2
Carbs [g]	74.5	15.4	37.3
Fiber [g]	4.8	1	2.4
Net Carbs [g]	69.7	14.4	34.9



Protein Fat Carbs

Vegan Tofu Quinoa Wrap

🕒 30 min 🍽️ 4 servings

422 Kcal / serving

28g Protein 13g Fat 51g Carbs

Ingredients

- Cilantro, 1/4 cup (4.2 g)
- Lime juice, 2 tablespoon (30.1 g)
- Olive oil, 1 tablespoon (13.5 g)
- Lettuce, 2 cup shredded (144 g)
- Tomatoes, 1 cup (143.2 g)
- Soy sauce, 2 tbsp (36 g)
- Block of extra tofu, 2 (792 g)
- Quinoa, 1 cup (185 g)
- Onions, 1/4 cup (40 g)
- Nutritional yeast, 4 tablespoons (30 g)
- Cumin, 1 teaspoon (2 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Salt and pepper, 1 tsp (2 g)
- Tortillas, 8 large (240 g)



Instructions

Press tofu to remove excess water and cut into small cubes.

In a bowl, whisk together nutritional yeast, soy sauce, olive oil, lime juice, cumin, garlic powder, salt, and pepper.

Add tofu cubes to the bowl and let them marinate for 15-20 minutes.

Heat a non-stick pan over medium heat and add the marinated tofu cubes. Cook for 5-7 minutes until tofu is golden brown and crispy.

Warm the tortillas in a separate pan or microwave.

To assemble the wrap, spread a spoonful of cooked quinoa on each tortilla.

Top with shredded lettuce, diced tomatoes, red onions, cilantro, and the cooked tofu cubes.

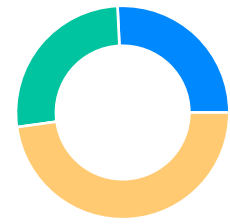
Fold the sides of the tortilla inward and roll it up tightly.

Repeat with the remaining tortillas and ingredients.

Serve the tofu quinoa wraps immediately, or refrigerate for later.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1687.5	101.4	421.9
Protein [g]	110.7	6.7	27.7
Fat [g]	50.4	3	12.5
Carbs [g]	205.3	12.3	51.3
Fiber [g]	34.5	2.1	8.6
Net Carbs [g]	170.8	10.3	42.7



Protein Fat Carbs

Sauteed Seitan. Cabbage and Carrots over Rice

🕒 30 min 🍽️ 4 servings

562 Kcal / serving

50g Protein 7g Fat 80g Carbs

Ingredients

- **Ground ginger**, 1 teaspoons (2 g)
- **Salt**, 1 teaspoon (5 g)
- **Carrots**, 1 cup chopped (128 g)
- **Garlic**, 2 clove (5.8 g)
- **Cabbage**, 2 cup, shredded (140 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Coconut aminos**, 1 tablespoon (15 g)
- **Brown Rice**, 2 cup (320 g)
- **seitan chunks**, 2 cup (540 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and sauté for 1-2 minutes until fragrant.

Add seitan to the skillet and cook until browned.

Stir in shredded cabbage and carrots. Cook for 5-7 minutes until vegetables are tender.

Add coconut aminos, ground ginger, and salt. Mix well to combine.

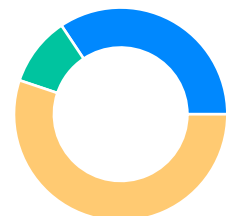
Continue cooking for another 2-3 minutes until flavors are well blended.

Remove from heat and serve hot over rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2246	192.2	561.5
Protein [g]	198.1	16.9	49.5
Fat [g]	26.8	2.3	6.7
Carbs [g]	317.8	27.2	79.5
Fiber [g]	28.1	2.4	7
Net Carbs [g]	289.7	24.8	72.4



Protein Fat Carbs

Seitan Kebabs with Rice

🕒 22 min 🍽️ 2 servings

456 Kcal / serving

36g Protein 16g Fat 44g Carbs

Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Paprika**, 1 teaspoon (2 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Zucchini**, 1 medium (196 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Seitan**, 2 cup (280 g)
- **Bell pepper**, 1 medium (120 g)
- **Onion**, 1/2 large (75 g)
- **Rice**, 1 cup (185 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Preheat your grill or grill pan on medium-high heat.

In a bowl, whisk together olive oil, soy sauce, lemon juice, garlic powder, paprika, salt, and pepper.

Thread the seitan cubes, bell pepper, red onion, and zucchini onto skewers.

Brush the marinade onto the kebabs, coating all sides.

Place the kebabs on the preheated grill and cook for about 10-12 minutes, turning occasionally, until the vegetables are tender and slightly charred.

While the kebabs are cooking, heat the cooked rice.

Serve the seitan kebabs over a bed of rice and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	911	96.8	455.5
Protein [g]	72.8	7.7	36.4
Fat [g]	32.2	3.4	16.1
Carbs [g]	88.6	9.4	44.3
Fiber [g]	11.2	1.2	5.6
Net Carbs [g]	77.4	8.2	38.7



Protein Fat Carbs

Vegan Garlicky Kale with Seitan over Rice

🕒 20 min 🍽️ 2 servings

453 Kcal / serving

38g Protein 17g Fat 41g Carbs

Ingredients

- Olive oil, 2 servings (28 g)
- Garlic, 4 clove (12 g)
- Soy sauce, 1 tbsp (18 g)
- Seitan, 2 cup (280 g)
- Nutritional yeast, 1 tablespoon (7.5 g)
- Salt and pepper, 2 servings (1 g)
- Rice, 1 cups (185 g)
- Kale, 1 bunch (131 g)



Instructions

In a large skillet, heat olive oil over medium heat.

Add minced garlic and sliced seitan to the skillet. Sauté for 3-4 minutes, until seitan is browned.

Add the chopped greens to the skillet and cook for another 3-4 minutes, until wilted.

Stir in soy sauce, nutritional yeast, salt, and pepper. Cook for an additional 2 minutes, allowing the flavors to combine.

Serve the garlicky greens and seitan mixture over a bed of cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	905.8	136.7	452.9
Protein [g]	75.8	11.4	37.9
Fat [g]	33.4	5	16.7
Carbs [g]	81.5	12.3	40.8
Fiber [g]	11.1	1.7	5.6
Net Carbs [g]	70.4	10.6	35.2



Protein Fat Carbs

Kale Chips

🕒 15 min 🍽️ 2 servings

148 Kcal / serving

2g Protein 15g Fat 4g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 2 servings (28 g)
- Kale, 1 small bunch (92.9 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

Preheat your oven to 350°F (175°C).

Wash and dry the kale leaves thoroughly.

Remove the stems and tear the kale into bite-sized pieces.

In a large bowl, toss the kale with olive oil, salt, pepper, and any optional seasonings.

Spread the seasoned kale evenly on a baking sheet.

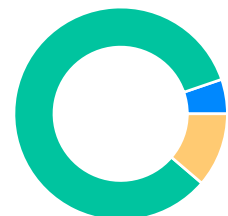
Bake for 10-12 minutes, or until the edges of the kale are crispy and slightly browned.

Remove from the oven and let the kale chips cool for a few minutes before serving.

Enjoy your homemade Kale Chips!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	295.5	231.1	147.8
Protein [g]	4.1	3.2	2.1
Fat [g]	28.9	22.6	14.5
Carbs [g]	8.8	6.9	4.4
Fiber [g]	3.6	2.8	1.8
Net Carbs [g]	5.2	4.1	2.6



Protein Fat Carbs

Seitan and Broccoli over Brown Rice

🕒 10 min 🍽️ 2 servings

775 Kcal / serving

63g Protein 20g Fat 90g Carbs

Ingredients

- **Ginger**, 1 tablespoon (7 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 1 tablespoon (13.6 g)
- **Garlic**, 1 tablespoon (8 g)
- **Water**, 1/4 cup (56.9 g)
- **Soy sauce (tamari)**, 2 tbsp (36 g)
- **Cornstarch**, 1 tablespoon (8 g)
- **Brown rice**, 3 cup (585 g)
- **Seitan**, 3 1/2 cup (490 g)
- **Broccoli florets**, 2 cups (182 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

In a small bowl, whisk together tamari, sesame oil, garlic, ginger, cornstarch, and water. Set aside.

Heat vegetable oil in a large skillet over medium-high heat.

Add seitan to the skillet and cook for 2-3 minutes until lightly browned.

Add broccoli florets to the skillet and cook for an additional 3-4 minutes until tender-crisp.

Pour the tamari mixture over the seitan and broccoli. Stir well to coat everything evenly.

Cook for another 1-2 minutes until the sauce thickens.

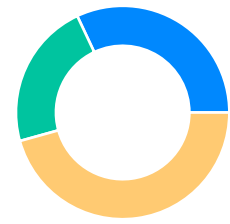
Season with salt and pepper to taste.

Serve the seitan and broccoli over cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1550.1	110.5	775.1
Protein [g]	126	9	63
Fat [g]	39	2.8	19.5
Carbs [g]	180	12.8	90
Fiber [g]	21.8	1.6	10.9
Net Carbs [g]	158.2	11.3	79.1



Protein Fat Carbs

Vegan Almond Cranberry Protein Bars

🕒 15 min 🍽️ 10 servings

332 Kcal / serving

12g Protein 26g Fat 17g Carbs

Ingredients

- **Vanilla extract**, 1 teaspoon (4 g)
- **Cranberries**, 1/4 cup (25.2 g)
- **Rolled oats**, 1 c (81.1 g)
- **Nuts**, 1/4 cup (24.4 g)
- **Chia seeds**, 1/4 cup (35.4 g)
- **Almond butter**, 1 1/2 cup (375 g)
- **Hemp seeds**, 1/4 cup (50 g)



Instructions

In a large mixing bowl, combine rolled oats and almond butter.

Add hemp seeds, chia seeds, dried cranberries, chopped nuts, and vanilla extract. Mix well until all ingredients are evenly combined.

Line a square baking dish with parchment paper. Transfer the mixture into the dish and press it down firmly to create an even layer.

Place the dish in the refrigerator for about 10 minutes to allow the mixture to set.

Remove from the refrigerator and cut into desired bar shapes/sizes.

Store the bars in an airtight container in the refrigerator for up to one week.

Enjoy as a quick and nutritious snack!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	3320.6	558	332.1
Protein [g]	117.4	19.7	11.7
Fat [g]	263	44.2	26.3
Carbs [g]	168.6	28.3	16.9
Fiber [g]	63.5	10.7	6.4
Net Carbs [g]	105.1	17.7	10.5



Protein Fat Carbs

Vegan Tofu and Carrots Stir-Fry over Brown Rice

🕒 10 min 🍽️ 2 servings

325 Kcal / serving

19g Protein 15g Fat 30g Carbs

Ingredients

- Salt, 1/2 tsp (3 g)
- Carrots, 2 medium (122 g)
- Rice, brown, cooked, 1 cup (160 g)
- Tofu, firm, 4 servings (464 g)
- Olive Oil, 1 tablespoon (15 g)



Instructions

Cook the rice according to package instructions.

Meanwhile, drain and press the tofu to remove excess water.

In a large pan, heat the oil over medium-high heat.

Add the tofu cubes and cook for 3-4 minutes until golden brown.

Add the sliced carrots to the pan and cook for another 2 minutes.

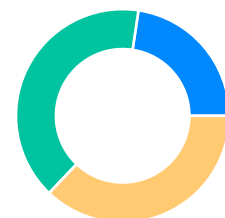
Season with salt and stir to combine all ingredients.

Serve the tofu stir-fry over the cooked rice.

Enjoy your quick and delicious vegan meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	649.5	85	324.8
Protein [g]	36.9	4.8	18.5
Fat [g]	29.1	3.8	14.6
Carbs [g]	60.4	7.9	30.2
Fiber [g]	6.8	0.9	3.4
Net Carbs [g]	53.6	7	26.8



Protein Fat Carbs

Seitan Stir-Fry with Zucchini and Brown Rice

🕒 15 min 🍽️ 2 servings

290 Kcal / serving

25g Protein 9g Fat 29g Carbs

Ingredients

- Salt, 1/2 tsp (3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Brown rice, 1 cup (195 g)
- Seitan, 1 1/2 cup (210 g)
- Zucchini, slices, 1 small (118 g)



Instructions

Heat 1/2 tablespoon of olive oil in a large skillet over medium heat.

Add the seitan to the skillet and cook for about 5 minutes, stirring occasionally, until it starts to brown.

Remove the seitan from the skillet and set aside.

In the same skillet, add another 1/2 tablespoon of olive oil and the zucchini slices.

Cook the zucchini slices for about 5 minutes, stirring occasionally, until it becomes tender-crisp.

Return the seitan to the skillet with the zucchini slices.

Sprinkle salt over the mixture and stir well to combine.

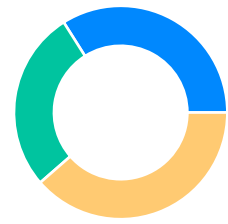
Cook for an additional 2 minutes to heat everything through.

Serve the seitan stir-fry over cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	580.4	107.6	290.2
Protein [g]	50.1	9.3	25.1
Fat [g]	18	3.3	9
Carbs [g]	56.9	10.5	28.5
Fiber [g]	7.2	1.3	3.6
Net Carbs [g]	49.7	9.2	24.9



Protein Fat Carbs

Vegan Potato and Carrot Pancakes

🕒 10 min 🍽️ 4 servings

160 Kcal / serving

5g Protein 5g Fat 25g Carbs

Ingredients

- Potatoes, 2 potato small (1-3/4" to 2-1/2" dia) (340 g)
- Carrots, 1 large (7-1/4" to 8-1/2" long) (72 g)
- Olive oil, 1 servings (14 g)
- Chickpea flour, 1/2 cup (57.7 g)
- Salt and pepper, 1/2 tsp (2.9 g)



Instructions

In a large mixing bowl, combine the grated potatoes and carrots.

Add chickpea flour, salt, and black pepper to the bowl and mix well until all ingredients are combined.

Heat a non-stick skillet or griddle over medium heat. Add half of the olive oil.

Scoop about 1/4 cup of the potato-carrot mixture onto the skillet and flatten it with a spatula to form a pancake shape.

Cook for about 3-4 minutes on each side, or until golden brown and crispy.

Repeat the process with the remaining mixture, adding more oil to the skillet if needed.

Serve the pancakes hot with your favorite vegan dipping sauce or toppings.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	638.3	131.2	159.6
Protein [g]	20.6	4.2	5.2
Fat [g]	18.3	3.8	4.6
Carbs [g]	99.7	20.5	24.9
Fiber [g]	15.4	3.2	3.9
Net Carbs [g]	84.3	17.3	21.1



Protein Fat Carbs

Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach

🕒 15 min 🍽️ 6 servings

126 Kcal / serving

7g Protein 5g Fat 12g Carbs

Ingredients

- Salt, 1/2 tsp (3.1 g)
- Chickpea flour, 1 cup (117.7 g)
- Tofu, 1/2 package (197.5 g)
- Olive Oil, 1 tablespoon (15 g)
- Spinach, 1/2 cups (14.5 g)



Instructions

Preheat the oven to 375°F (190°C) and lightly grease a muffin tin.

In a mixing bowl, combine chickpea flour, crumbled tofu, chopped spinach, and salt.

Stir well until all ingredients are evenly combined.

Divide the mixture equally among the muffin cups, filling each about 3/4 full.

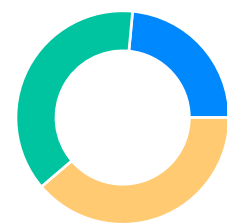
Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

Remove from the oven and let cool for a few minutes before removing the muffins from the tin.

Serve warm and enjoy as a delicious snack or light meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	757.1	217.7	126.2
Protein [g]	44.3	12.7	7.4
Fat [g]	31.6	9.1	5.3
Carbs [g]	73.1	21	12.2
Fiber [g]	14.6	4.2	2.4
Net Carbs [g]	58.5	16.8	9.8



Protein Fat Carbs

Vegan Chickpea Flour and Tofu Omelette Muffins with Tomatoes

🕒 17 min 🍽️ 6 servings

128 Kcal / serving

7g Protein 5g Fat 13g Carbs

Ingredients

- Salt, 1/2 tsp (3.1 g)
- Chickpea flour, 1 cup (117.7 g)
- Tofu, 1/2 package (197.5 g)
- Olive Oil, 1 tablespoon (15 g)
- Tomato, Fresh, 1/2 cup (71 g)



Instructions

Preheat the oven to 375°F (190°C) and lightly grease a muffin tin.

In a mixing bowl, combine chickpea flour, crumbled tofu, diced tomato, and salt.

Stir well until all ingredients are evenly combined.

Divide the mixture equally among the muffin cups, filling each about 3/4 full.

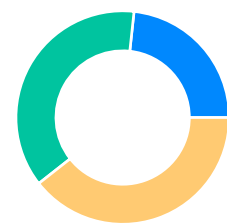
Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

Remove from the oven and let cool for a few minutes before removing the muffins from the tin.

Serve warm and enjoy as a delicious snack or light meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	766.5	189.6	127.8
Protein [g]	44.5	11	7.4
Fat [g]	31.7	7.8	5.3
Carbs [g]	75.3	18.6	12.5
Fiber [g]	15.1	3.7	2.5
Net Carbs [g]	60.2	14.9	10



Protein Fat Carbs

Vegan Chickpea Flour and Tofu Omelette Muffins with Mushrooms

🕒 20 min 🍽️ 6 servings

127 Kcal / serving

8g Protein 5g Fat 12g Carbs

Ingredients

- Salt, 1/2 tsp (3.1 g)
- Chickpea flour, 1 cup (117.7 g)
- Tofu, 1/2 package (197.5 g)
- Olive Oil, 1 tablespoon (15 g)
- Mushrooms, sliced, 1/2 cups (48.5 g)



Instructions

Preheat the oven to 375°F (190°C) and lightly grease a muffin tin.

In a pan on medium heat, stir fry mushrooms with 1/2 tablespoon oil until cooked.

In a mixing bowl, combine chickpea flour, crumbled tofu, cooked mushrooms, and salt.

Stir well until all ingredients are evenly combined.

Divide the mixture equally among the muffin cups, filling each about 3/4 full.

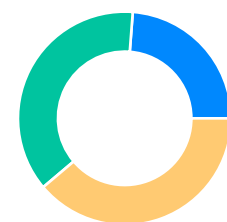
Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

Remove from the oven and let cool for a few minutes before removing the muffins from the tin.

Serve warm and enjoy as a delicious snack or light meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	764.5	200.2	127.4
Protein [g]	45.4	11.9	7.6
Fat [g]	31.7	8.3	5.3
Carbs [g]	74.1	19.4	12.4
Fiber [g]	14.8	3.9	2.5
Net Carbs [g]	59.3	15.5	9.9



Protein Fat Carbs

Almond Butter Toasted Quinoa Crunch Bars

🕒 15 min 🍽️ 8 servings

243 Kcal / serving

8g Protein 19g Fat 18g Carbs

Ingredients

- Almond butter, 3/4 cup (180.3 g)
- Quinoa, 1/2 cup (88.5 g)
- Almond flour, 1/4 cup (61.6 g)
- Coconut, 1/4 cup (24.2 g)
- Stevia sweetener, 2 tablespoon (30.4 g)



Instructions

In a mixing bowl, combine almond butter, toasted quinoa, stevia sweetener, almond flour, and shredded coconut.

Mix well until all ingredients are evenly incorporated.

Line a square baking dish with parchment paper.

Transfer the mixture into the baking dish and press it down firmly to form an even layer.

Place the baking dish in the refrigerator and chill for at least 10 minutes to set.

Once set, remove from the refrigerator and cut into bars or squares.

Serve and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1940.7	504.1	242.6
Protein [g]	65	16.9	8.1
Fat [g]	151.6	39.4	19
Carbs [g]	139.9	36.3	17.5
Fiber [g]	35.2	9.1	4.4
Net Carbs [g]	104.7	27.2	13.1



Protein Fat Carbs

Banana Cinnamon and Chia Breakfast Bowl (Unsweetened)

🕒 10 min 🍽️ 1 serving

369 Kcal / serving

10g Protein 17g Fat 52g Carbs

Ingredients

- Cinnamon, 1 tsp (2.6 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 1 cup (250 g)
- Banana, sliced, 1 large (8" to 8-7/8" long) (136 g)



Instructions

In a bowl, mix together the sliced, chia seeds, almond milk, and cinnamon.

Stir well to combine all the ingredients.

Cover the bowl and refrigerate for at least 10 minutes or overnight to allow the chia seeds to absorb the liquid and thicken the mixture.

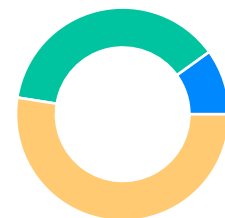
After the resting time, give the mixture a good stir to break up any clumps and evenly distribute the ingredients.

Serve the raw banana cinnamon and chia breakfast bowl chilled, and optionally, top with additional sliced banana, and a sprinkle of cinnamon.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	369	85.6	369
Protein [g]	9.9	2.3	9.9
Fat [g]	16.5	3.8	16.5
Carbs [g]	52.1	12.1	52.1
Fiber [g]	20.3	4.7	20.3
Net Carbs [g]	31.8	7.4	31.8



Protein Fat Carbs

Creamy Coconut Curry Soup with Seitan

🕒 15 min 🍽️ 4 servings

203 Kcal / serving

22g Protein 4g Fat 20g Carbs

Ingredients

- Potatoes, 4 medium (244 g)
- Cauliflower, 1 small head (265 g)
- Coconut milk, 1/4 cup (56.5 g)
- Curry paste, 2 tablespoons (30 g)
- Bok choy, 2 bok choy, small (164 g)
- Seitan, 4 serving (340 g)



Instructions

In a large pot, bring water to a boil and add cauliflower florets and diced potatoes. Cook for about 5 minutes or until tender.

Drain the cooked cauliflower and potatoes, then return them to the pot.

Add the seitan, bok choy, coconut milk, half cup of water, and red curry paste to the pot. Stir well to combine.

Bring the soup to a simmer and cook for an additional 5 minutes, allowing the flavors to meld together.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	810.2	73.7	202.6
Protein [g]	87.9	8	22
Fat [g]	17	1.5	4.3
Carbs [g]	78.6	7.1	19.7
Fiber [g]	16.7	1.5	4.2
Net Carbs [g]	61.9	5.6	15.5



Protein Fat Carbs

Baked Teriyaki Tempeh with Potatoes, Broccoli, and Peppers

🕒 25 min 🍽️ 4 servings

277 Kcal / serving

16g Protein 14g Fat 27g Carbs

Ingredients

- Teriyaki sauce, 1/4 cup (75 g)
- Olive oil, 2 servings (28 g)
- Tempeh, 8 oz (228 g)
- Yellow Bell pepper, 1 portion (114.7 g)
- Red Bell pepper, 1 portion (119.1 g)
- Salt and pepper, 1 tsp (2 g)
- Broccoli florets, 2 cup (182 g)
- Baby potatoes, 2 cups (300 g)



Instructions

Preheat your oven to 425°F (220°C).

In a large bowl, combine tempeh, potatoes, broccoli, and bell peppers.

Drizzle olive oil and teriyaki sauce over the mixture. Season with salt and pepper.

Toss everything together until well coated.

Spread the mixture evenly on a sheet pan.

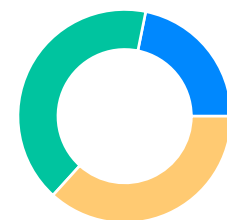
Place the sheet pan in the preheated oven and bake for 15-20 minutes, or until the potatoes are tender and the tempeh is crispy.

Remove from the oven and let it cool for a few minutes.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1106.8	105.5	276.7
Protein [g]	64.2	6.1	16.1
Fat [g]	54.2	5.2	13.6
Carbs [g]	108	10.3	27
Fiber [g]	14.9	1.4	3.7
Net Carbs [g]	93.1	8.9	23.3



Protein Fat Carbs

Vegan Mongolian Seitan over Brown Rice

🕒 20 min 🍽️ 2 servings

310 Kcal / serving

23g Protein 5g Fat 43g Carbs

Ingredients

- Olive oil, 2 teaspoons (8 g)
- Garlic, 2 clove (6 g)
- Soy sauce, 1/4 cup (55.8 g)
- Maple syrup, 2 tablespoons (40 g)
- cooked brown rice, 1 cup (190 g)
- Ginger, minced, 1 tsp (2 g)
- green onions, chopped, 1 stalk (12 g)
- seitan, cubed, 2 serving (170 g)



Instructions

Cut the seitan into small bite-sized cubes.

In a small bowl, whisk together soy sauce, maple syrup, ginger and minced garlic.

Heat oil in a non-stick skillet over medium-high heat.

Add the seitan cubes to the skillet and cook for about 5 minutes, until lightly browned.

Pour the soy sauce mixture over the seitan and stir to coat evenly.

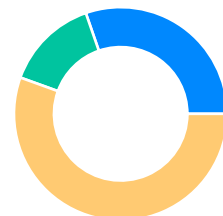
Continue cooking for another 5 minutes, until the sauce thickens slightly and coats the seitan.

Serve the Mongolian seitan over cooked brown rice.

Garnish with sliced green onions.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	619	128	309.5
Protein [g]	46.8	9.7	23.4
Fat [g]	9.7	2	4.9
Carbs [g]	85.8	17.7	42.9
Fiber [g]	4.2	0.9	2.1
Net Carbs [g]	81.6	16.9	40.8



Protein Fat Carbs

Vegan Chocolate Banana Baked Oatmeal (Unsweetened)

🕒 20 min 🍽️ 2 servings

288 Kcal / serving

8g Protein 5g Fat 58g Carbs

Ingredients

- Bananas, 2 medium (7" to 7-7/8" long) (236 g)
- Rolled oats, 1 c (81.1 g)
- Cocoa powder, 2 tablespoon (10 g)
- Almond milk, 1 cup (250 g)



Instructions

Preheat the oven to 375°F (190°C) and lightly grease a baking dish.

In a mixing bowl, combine the mashed bananas, rolled oats, cocoa powder, and almond milk. Stir well to combine.

Pour the mixture into the greased baking dish and spread it evenly.

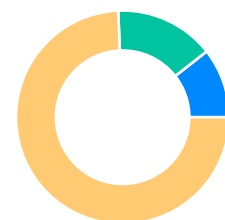
Bake for 15 minutes or until the top is set and slightly golden.

Remove from the oven and let it cool for a few minutes before serving.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	575.1	99.7	287.6
Protein [g]	16.4	2.8	8.2
Fat [g]	10.4	1.8	5.2
Carbs [g]	115.6	20	57.8
Fiber [g]	18.8	3.3	9.4
Net Carbs [g]	96.8	16.8	48.4



Protein Fat Carbs

Garlicky White Beans and Kale Pasta

🕒 15 min 🍽️ 4 servings

293 Kcal / serving

11g Protein 5g Fat 52g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 4 clove (12 g)
- Beans, 1 cup (179 g)
- Pasta, 4 serving (216 g)
- Salt and pepper, 1 tsp (2 g)
- Kale, chopped, 1 cup (61 g)



Instructions

Cook the pasta according to package instructions until al dente. Drain and set aside.

In a large skillet, heat olive oil over medium heat.

Add minced garlic and sauté for about 1-2 minutes until fragrant.

Add white beans to the skillet and cook for another 2-3 minutes, stirring occasionally.

Add fresh kale leaves to the skillet and cook until wilted, about 2 minutes.

Season with salt and pepper to taste.

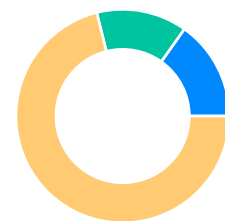
Add the cooked pasta to the skillet and toss everything together until well combined.

Cook for an additional 1-2 minutes to heat the pasta through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1172.5	242.5	293.1
Protein [g]	44.5	9.2	11.1
Fat [g]	17.9	3.7	4.5
Carbs [g]	208.5	43.1	52.1
Fiber [g]	18	3.7	4.5
Net Carbs [g]	190.5	39.4	47.6



Protein Fat Carbs

Vegan Blended Garlic Brussels Sprout Soup

🕒 15 min 🍽️ 4 servings

123 Kcal / serving

10g Protein 4g Fat 15g Carbs

Ingredients

- **Vegetable broth**, 2 cups (392 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 4 clove (12 g)
- **Brussels sprouts**, 1 pound (453.6 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Almond milk**, 1 cup (250 g)
- **Tofu**, 8 oz (226.8 g)



Instructions

In a large pot, heat some oil over medium heat.

Add the minced garlic and chopped onion. Sauté until the onion becomes translucent.

Add the Brussels sprouts to the pot and cook for 5 minutes, stirring occasionally.

Pour in the vegetable broth and almond milk. Bring to a boil, then reduce heat and simmer for 10 minutes or until the Brussels sprouts are tender.

While the soup is simmering, heat a separate pan over medium heat and lightly pan-fry the tofu cubes until golden brown on all sides.

Once the Brussels sprouts are tender, remove the pot from heat and let it cool slightly.

Using an immersion blender or regular blender, blend the soup until smooth and creamy.

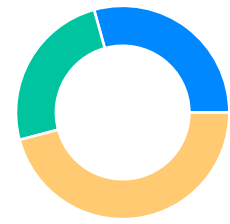
Season with salt and pepper to taste.

Serve the soup hot, topped with the pan-fried tofu cubes.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	490	34.8	122.5
Protein [g]	39.2	2.8	9.8
Fat [g]	14.7	1	3.7
Carbs [g]	61.3	4.4	15.3
Fiber [g]	21.2	1.5	5.3
Net Carbs [g]	40.1	2.9	10



Protein Fat Carbs

Cauliflower Tofu Leek Soup with Toasted Bread

🕒 15 min 🍽️ 4 servings

184 Kcal / serving

12g Protein 4g Fat 27g Carbs

Ingredients

- Vegetable broth, 4 cups (783.3 g)
- Cauliflower, 1 medium head (575 g)
- Leek, 1 cup (89 g)
- Tofu, 200 g (200 g)
- Salt and pepper, 4 serving (2 g)
- Whole Wheat Bread, 4 slice (128 g)



Instructions

In a large pot, heat some oil over medium heat.

Add the leek and sauté for 2-3 minutes until softened.

Add the cauliflower florets and tofu to the pot and cook for another 2 minutes.

Pour in the vegetable broth and bring to a boil.

Reduce the heat to low, cover the pot, and simmer for 10 minutes until the cauliflower is tender.

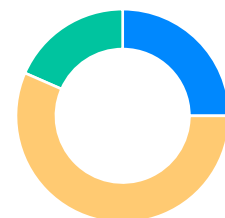
Using an immersion blender or regular blender, puree the soup until smooth and creamy.

Season with salt and pepper to taste.

Serve hot with toasted bread.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	735.6	41.4	183.9
Protein [g]	47.9	2.7	12
Fat [g]	15.7	0.9	3.9
Carbs [g]	108.4	6.1	27.1
Fiber [g]	22.4	1.3	5.6
Net Carbs [g]	86	4.8	21.5



Protein Fat Carbs

Shopping List

Spices and Herbs

- Cinnamon, 2.6 g
- Salt, 20.4 g
- Salt and pepper, 8.3 g
- Pepper, 2 g
- Ground nutmeg, 0.3 g
- Vanilla extract, 5.4 g
- Ground ginger, 1 g
- Ground cinnamon, 1.3 g
- Cumin, 1 g
- Garlic powder, 9.8 g
- Paprika, 6.5 g
- Salt, 0.8 g
- Black Pepper, 0.6 g
- Onion powder, 1 g

Nut and Seed Products

- Chia seeds, 46.1 g
- Almond butter, 60.3 g
- Coconut milk, 28.3 g
- Nuts, 2.5 g

Dairy and Egg Products

- Almond milk, 1188.1 g

Fruits and Fruit Juices

- Bananas, 372.3 g
- Lime juice, 15 g
- Juice of lemon, 31.1 g
- Cranberries, 2.5 g

Legumes and Legume Products

- Chickpea flour, 112.8 g
- Beans, 44.8 g
- Tempeh, 171.2 g
- Soy sauce, 137.1 g
- Hummus, 1 tub (180 g)
- Block of extra tofu, 1189.8 g

- Tofu, 99.9 g
- Tofu, firm, 464 g
- Peanut butter, reduced sodium, 32 g

Other

- Tofu, 563.2 g
- Almond flour, 7.7 g
- Nutritional yeast, 52.1 g
- Tortillas, 120 g
- Seitan, 1016.4 g
- Coconut aminos, 3.7 g
- seitan chunks, 134.9 g

Fats and Oils

- Olive oil, 154.6 g
- Sesame oil, 14.1 g
- Vegetable oil, 13.7 g
- Coconut oil, 3.3 g
- Cooking oil, 8 g

Vegetables and Vegetable Products

- Mushrooms, Fresh, 73.2 g
- Garlic, 38.4 g
- Kale, 193 g
- Yellow Bell pepper, 28.6 g
- Red Bell pepper, 29.7 g
- Broccoli florets, 136.6 g
- Baby potatoes, 74.9 g
- Onion, 17.5 g
- Brussels sprouts, 113.5 g
- Ginger, 8 g
- green onions, chopped, 6 g
- Tomatoes, 83.4 g
- Carrots, 344.9 g
- Potatoes, 207.3 g
- Cilantro, 2.1 g
- Lettuce, 72 g
- Onion, 95.1 g
- Zucchini, slices, 314.3 g
- Bell pepper, 120.1 g

- Cabbage, 35 g
- Cauliflower, 419.8 g
- Leek, 44.5 g
- Corn kernels, 41.3 g
- Green onions, 7 g
- Asparagus spears, 225.6 g
- Spinach, 2.4 g
- Bok choy, 82 g
- Broccoli, 292.8 g

Cereal Grains and Pasta

- Pasta, 54.1 g
- Brown rice, 743 g
- Quinoa, 11 g
- Quinoa, 92.5 g
- Cornstarch, 132.3 g
- Rice, 370.6 g
- Brown Rice, 79.9 g

Soups, Sauces, and Gravies

- Teriyaki sauce, 18.7 g
- Vegetable broth, 489.5 g

Sweets

- Maple syrup, 20 g
- Cocoa powder, 100%, 20 g
- Stevia, or another sweetener, 1 g

Branded Food Products Database

- Seitan, 255.1 g

Breakfast Cereals

- Rolled oats, 89.4 g

Beverages

- tea bags, 4 g
- Water, 28.5 g
- Almond Milk, 1 cup (262 g)

Baked Products

- Coconut, 3 g
- Stevia sweetener, 3.8 g

- Whole Wheat Bread, 96 g

Ethnic Foods

- Curry paste, 15 g

Health Foods

- Hemp seeds, 5 g