

Sample NutriAdmin 1,800 kcal Vegan Meal Plan

DAY 1		
Breakfast	Rolled Oats	3 tablespoon (30 g)
	Soy milk	1 cup (244 g)
Lunch	Seitan Stir-Fry with Carrots and Quinoa	1 serving (237 g)
Dinner	Vegan Seitan Wrap with Mixed Greens, Tomatoes, and Red Onions	1 serving (579 g)
Snack	Vegan Hummus and Pan Fried Onions Toast	2 serving (272 g)
DAY 2		
Breakfast	Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach	2 serving (116 g)
Lunch	Vegan Seitan Skillet with Peppers and Onions over Rice	2 serving (644 g)
Dinner	Vegan Tofu and Broccoli Stir-Fry over Quinoa	1 serving (429 g)
Snack	Peanuts, Raw	2 oz (56.7 g)
DAY 3		
Breakfast	Vegan White Bean Scramble with Spinach	1 serving (126 g)
Lunch	Seitan and Eggplant over Rice	1 serving (338 g)
Dinner	Vegan Mongolian Tofu over Brown Rice	2 serving (654 g)
Snack	Hummus	1 tub (180 g)
	Carrot, cut into pieces	1 cup strips or slices (122 g)

DAY 4

Breakfast	Banana	1 medium (7" to 7-7/8" long) (118 g)
	Peanut butter, smooth	1 tablespoon (20 g)
Lunch	Tofu with Cabbage over Rice	2 serving (588 g)
Dinner	Vegan Seitan Skillet with Peppers and Onions over Rice	2 serving (644 g)
Snack	Walnuts	1 oz (14 halves) (28.4 g)

DAY 5

Breakfast	Vegan Mongolian Seitan over Brown Rice	2 serving (484 g)
Lunch	Lemon Garlic Asparagus and Tempeh	2 serving (750 g)
Dinner	Vegan Watermelon Edamame Poke Bowl	1 serving (268 g)
Snack	Nectarine	1 medium (2-1/2" dia) (142 g)

DAY 6

Breakfast	Raspberries	20 raspberries (38 g)
	Almonds	1 handful (26 g)
	Honey	1 tsp (4 g)
	SILK Plain soy yogurt	1 cup (225 g)
Lunch	Vegan Garlicky Spinach with Seitan over Rice	2 serving (872 g)
Dinner	Tofu, Carrots, and Bok Choy over Rice	1 serving (319 g)
Snack	Cherries	2 cup, without pits (308 g)

DAY 7

Breakfast	Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula	2 serving (502 g)
Lunch	Seitan Stir-Fry with Carrots and Quinoa	1 serving (237 g)
Dinner	Vegan Garlicky Spinach with Seitan over Rice	2 serving (872 g)
Snack	Seaweed snacks	2 snack pack (10 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y 1	Rolled Oats Soy milk	Seitan Stir-Fry with Carrots and Quinoa	Vegan Seitan Wrap with Mixed Greens, Tomatoes, and Red Onions	Vegan Hummus and Pan Fried Onions Toast
D A Y 2	Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach	Vegan Seitan Skillet with Peppers and Onions over Rice	Vegan Tofu and Broccoli Stir-Fry over Quinoa	Peanuts, Raw
D A Y 3	Vegan White Bean Scramble with Spinach	Seitan and Eggplant over Rice	Vegan Mongolian Tofu over Brown Rice	Hummus Carrot, cut into pieces
D A Y 4	Banana Peanut butter, smooth	Tofu with Cabbage over Rice	Vegan Seitan Skillet with Peppers and Onions over Rice	Walnuts
D A Y 5	Vegan Mongolian Seitan over Brown Rice	Lemon Garlic Asparagus and Tempeh	Vegan Watermelon Edamame Poke Bowl	Nectarine
D A Y 6	Raspberries Almonds Honey SILK Plain soy yogurt	Vegan Garlicky Spinach with Seitan over Rice	Tofu, Carrots, and Bok Choy over Rice	Cherries
D A Y 7	Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula	Seitan Stir-Fry with Carrots and Quinoa	Vegan Garlicky Spinach with Seitan over Rice	Seaweed snacks

Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	12363.7	1766.2
Protein [g]	849.7	121.4
Fat [g]	452.1	64.6
Carbs [g]	1304.5	186.4
Fiber [g]	205.3	29.3
Net Carbs [g]	1099.2	157



Protein Fat Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	352.9	18.6	12.3	43.5	5.9	37.5
Lunch	582.5	49.2	20.6	54.6	9	45.6
Dinner	604.3	44.7	19.6	64.4	7.9	56.5
Snack	226.5	8.9	12.1	23.9	6.5	17.4



Breakfast Lunch Dinner Snack

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1833.3	123.6	66.2	191.7	30	161.7
Day 2	1718.2	122.5	67.1	166.7	24.8	141.9
Day 3	1701.3	117	55.6	195.9	36.4	159.5
Day 4	1816.4	118	64.6	196.2	28.8	167.4
Day 5	1704.4	112.8	66.7	183.2	19.2	164
Day 6	1776.4	115.5	66.1	195.4	33.7	161.7
Day 7	1813.7	140.3	65.6	175.4	32.4	143

Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Rolled Oats 3 tablespoon (30 g)	113.7	3.9	2	20.3	3	17.3
Soy milk 1 cup (244 g)	112.2	3.9	4.9	12.9	0	12.9
TOTAL FOR BREAKFAST	225.9	7.8	6.8	33.2	3	30.2
Lunch						
Seitan Stir-Fry with Carrots and Quinoa 1 serving (237 g)	295.1	26.5	9.9	26.4	4.7	21.7
TOTAL FOR LUNCH	295.1	26.5	9.9	26.4	4.7	21.7
Dinner						
Vegan Seitan Wrap with Mixed Greens, Tomatoes, and Red Onions 1 serving (579 g)	869.6	70.7	30.4	79.7	9.6	70.1
TOTAL FOR DINNER	869.6	70.7	30.4	79.7	9.6	70.1
Snack						
Vegan Hummus and Pan Fried Onions Toast 2 serving (272 g)	442.7	18.6	19.2	52.4	12.6	39.8
TOTAL FOR SNACK	442.7	18.6	19.2	52.4	12.6	39.8
TOTAL FOR DAY 1	1833.3	123.6	66.2	191.7	30	161.7

Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Chickpea Flour and Tofu Omelette Muffins with Spinach 2 serving (116 g)	252.4	14.8	10.5	24.4	4.9	19.5
TOTAL FOR BREAKFAST	252.4	14.8	10.5	24.4	4.9	19.5
Lunch						
Vegan Seitan Skillet with Peppers and Onions over Rice 2 serving (644 g)	790.5	70.3	12.7	101.6	9.8	91.8
TOTAL FOR LUNCH	790.5	70.3	12.7	101.6	9.8	91.8
Dinner						
Vegan Tofu and Broccoli Stir-Fry over Quinoa 1 serving (429 g)	353.9	22.8	15.9	31.6	5.3	26.3
TOTAL FOR DINNER	353.9	22.8	15.9	31.6	5.3	26.3
Snack						
Peanuts, Raw 2 oz (56.7 g)	321.5	14.6	27.9	9.1	4.8	4.3
TOTAL FOR SNACK	321.5	14.6	27.9	9.1	4.8	4.3
TOTAL FOR DAY 2	1718.2	122.5	67.1	166.7	24.8	141.9

Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan White Bean Scramble with Spinach 1 serving (126 g)	247.4	13.5	9.1	29.5	8	21.5
TOTAL FOR BREAKFAST	247.4	13.5	9.1	29.5	8	21.5
Lunch						
Seitan and Eggplant over Rice 1 serving (338 g)	380.7	47.1	4.3	43.4	7.3	36.1
TOTAL FOR LUNCH	380.7	47.1	4.3	43.4	7.3	36.1
Dinner						
Vegan Mongolian Tofu over Brown Rice 2 serving (654 g)	724.4	41.1	24.7	85.6	7	78.6
TOTAL FOR DINNER	724.4	41.1	24.7	85.6	7	78.6
Snack						
Hummus 1 tub (180 g)	298.8	14.2	17.3	25.7	10.8	14.9
Carrot, cut into pieces 1 cup strips or slices (122 g)	50	1.1	0.3	11.7	3.4	8.3
TOTAL FOR SNACK	348.8	15.4	17.6	37.4	14.2	23.2
TOTAL FOR DAY 3	1701.3	117	55.6	195.9	36.4	159.5

Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Banana 1 medium (7" to 7-7/8" long) (118 g)	105	1.3	0.4	27	3.1	23.9
Peanut butter, smooth 1 tablespoon (20 g)	121.4	4.6	10.4	2.6	1.3	1.3
TOTAL FOR BREAKFAST	226.4	5.8	10.7	29.6	4.4	25.2
Lunch						
Tofu with Cabbage over Rice 2 serving (588 g)	614.1	37.5	22.7	61.2	12.8	48.4
TOTAL FOR LUNCH	614.1	37.5	22.7	61.2	12.8	48.4
Dinner						
Vegan Seitan Skillet with Peppers and Onions over Rice 2 serving (644 g)	790.5	70.3	12.7	101.6	9.8	91.8
TOTAL FOR DINNER	790.5	70.3	12.7	101.6	9.8	91.8
Snack						
Walnuts 1 oz (14 halves) (28.4 g)	185.4	4.3	18.5	3.9	1.9	2
TOTAL FOR SNACK	185.4	4.3	18.5	3.9	1.9	2
TOTAL FOR DAY 4	1816.4	118	64.6	196.2	28.8	167.4

Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Mongolian Seitan over Brown Rice 2 serving (484 g)	619	46.8	9.7	85.8	4.2	81.6
TOTAL FOR BREAKFAST	619	46.8	9.7	85.8	4.2	81.6
Lunch						
Lemon Garlic Asparagus and Tempeh 2 serving (750 g)	782.5	57	51.3	41.1	9.8	31.3
TOTAL FOR LUNCH	782.5	57	51.3	41.1	9.8	31.3
Dinner						
Vegan Watermelon Edamame Poke Bowl 1 serving (268 g)	240.5	7.4	5.2	41.4	2.8	38.6
TOTAL FOR DINNER	240.5	7.4	5.2	41.4	2.8	38.6
Snack						
Nectarine 1 medium (2-1/2" dia) (142 g)	62.5	1.5	0.5	15	2.4	12.6
TOTAL FOR SNACK	62.5	1.5	0.5	15	2.4	12.6
TOTAL FOR DAY 5	1704.4	112.8	66.7	183.2	19.2	164

Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Raspberries 20 raspberries (38 g)	19.8	0.5	0.2	4.5	2.5	2
Almonds 1 handful (26 g)	150.5	5.5	13	5.6	3.3	2.3
Honey 1 tsp (4 g)	12.2	0	0	3.3	0	3.3
SILK Plain soy yogurt 1 cup (225 g)	148.5	5.9	4	21.8	0.9	20.9
TOTAL FOR BREAKFAST	331	11.9	17.2	35.2	6.6	28.6
Lunch						
Vegan Garlicky Spinach with Seitan over Rice 2 serving (872 g)	919.8	79.9	33.5	82.3	13.9	68.4
TOTAL FOR LUNCH	919.8	79.9	33.5	82.3	13.9	68.4
Dinner						
Tofu, Carrots, and Bok Choy over Rice 1 serving (319 g)	331.6	20.5	14.8	28.5	6.7	21.8
TOTAL FOR DINNER	331.6	20.5	14.8	28.5	6.7	21.8
Snack						
Cherries 2 cup, without pits (308 g)	194	3.3	0.6	49.3	6.5	42.8
TOTAL FOR SNACK	194	3.3	0.6	49.3	6.5	42.8
TOTAL FOR DAY 6	1776.4	115.5	66.1	195.4	33.7	161.7

Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Vegan Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula 2 serving (502 g)	568.5	29.3	21.8	66.5	10.5	56
TOTAL FOR BREAKFAST	568.5	29.3	21.8	66.5	10.5	56
Lunch						
Seitan Stir-Fry with Carrots and Quinoa 1 serving (237 g)	295.1	26.5	9.9	26.4	4.7	21.7
TOTAL FOR LUNCH	295.1	26.5	9.9	26.4	4.7	21.7
Dinner						
Vegan Garlicky Spinach with Sei- tan over Rice 2 serving (872 g)	919.8	79.9	33.5	82.3	13.9	68.4
TOTAL FOR DINNER	919.8	79.9	33.5	82.3	13.9	68.4
Snack						
Seaweed snacks 2 snack pack (10 g)	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR SNACK	30.3	4.7	0.4	0.2	3.4	-3.2
TOTAL FOR DAY 7	1813.7	140.3	65.6	175.4	32.4	143

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 tsp (2 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	104.3	391.3
Protein [g]	57	7.6	28.5
Fat [g]	51.3	6.8	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

Vegan Seitan Skillet with Peppers and Onions over Rice

🕒 15 min 🍽️ 4 servings

396 Kcal / serving

35g Protein 6g Fat 51g Carbs

Ingredients

- Paprika, 1 teaspoon (2 g)
- Bell pepper, 1 portion (154.8 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 cloves (5.9 g)
- Soy sauce, 2 tbsp (36 g)
- Bell pepper, 1 small (83 g)
- Seitan, 4 cup (560 g)
- Onion, 1 (110 g)
- Cumin, 1/2 teaspoon (1 g)
- Rice, 1 cup (185 g)
- Salt and pepper, 1 tsp (2 g)
- Brown Rice, Raw, 1 cup (136 g)



Instructions

Heat olive oil in a skillet over medium heat.

Add sliced seitan to the skillet and cook for 3-4 minutes until lightly browned.

Add sliced peppers, onions, and minced garlic to the skillet and sauté for an additional 5 minutes until vegetables are tender.

In a small bowl, mix together soy sauce, paprika, cumin, salt, and pepper.

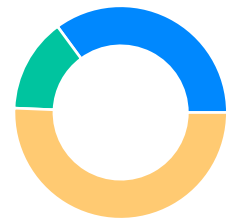
Pour the soy sauce mixture over the seitan and vegetables in the skillet.

Stir well to coat everything evenly and cook for another 2-3 minutes until heated through.

Remove from heat and serve with rice. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1582.1	122.7	395.5
Protein [g]	140.8	10.9	35.2
Fat [g]	25.4	2	6.4
Carbs [g]	203.3	15.8	50.8
Fiber [g]	19.5	1.5	4.9
Net Carbs [g]	183.8	14.3	46



Protein Fat Carbs

Vegan Garlicky Spinach with Seitan over Rice

🕒 20 min 🍽️ 2 servings

460 Kcal / serving

40g 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)
- Spinach, 1 bunch (340 g)
- Nutritional yeast, 1 tablespoon (7.5 g)
- Salt and pepper, 2 servings (1 g)
- Rice, 1 cups (185 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]	919.8	105.5	459.9
Protein [g]	79.9	9.2	40
Fat [g]	33.5	3.8	16.8
Carbs [g]	82.3	9.4	41.2
Fiber [g]	13.9	1.6	7
Net Carbs [g]	68.4	7.8	34.2



Protein Fat Carbs

Tofu with Cabbage over Rice

🕒 10 min 🍽️ 2 servings

307 Kcal / serving

19g Protein 11g Fat 31g Carbs

Ingredients

- Vegetable oil, 1 teaspoon (4.5 g)
- Cabbage, 2 cup, shredded (140 g)
- Soy sauce, 1 tbsp (18 g)
- Rice, 1 cups (185 g)
- firm tofu, 2 serve (240 g)



Instructions

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

Add the tofu and cook for 3-4 minutes until browned.

Remove the tofu from the skillet and set aside.

In the same skillet, add the shredded cabbage and cook for 2-3 minutes until slightly wilted.

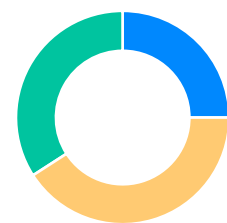
Return the tofu to the skillet and stir in the soy sauce.

Cook for an additional 2 minutes until the tofu is cooked through and the cabbage is tender.

Serve the tofu and cabbage mixture over cooked rice.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	614.1	104.5	307.1
Protein [g]	37.5	6.4	18.8
Fat [g]	22.7	3.9	11.4
Carbs [g]	61.2	10.4	30.6
Fiber [g]	12.8	2.2	6.4
Net Carbs [g]	48.4	8.2	24.2



Protein Fat Carbs

Seitan and Eggplant over Rice

🕒 10 min 🍽️ 2 servings

381 Kcal / serving

47g Protein 4g Fat 43g Carbs

Ingredients

- Eggplant, 1/2 large (229 g)
- Vegetable oil, 1 teaspoon (4.4 g)
- Soy sauce, 1 tbsp (18 g)
- brown rice, cooked, 1 cup (155 g)
- seitan, strips/cubes, 1 cup (270 g)



Instructions

Cook the rice according to package instructions.

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

Add the seitan to the skillet and cook for 3-4 minutes, or until browned.

Add the sliced eggplant to the skillet and cook for an additional 3-4 minutes, or until tender.

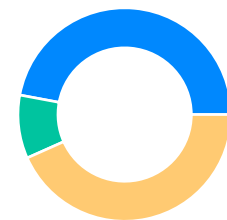
Stir in the soy sauce and cook for another minute to coat the seitan and eggplant.

Serve the seitan and eggplant over the cooked rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	761.5	112.5	380.8
Protein [g]	94.2	13.9	47.1
Fat [g]	8.5	1.3	4.3
Carbs [g]	86.7	12.8	43.4
Fiber [g]	14.5	2.1	7.3
Net Carbs [g]	72.2	10.7	36.1



Protein Fat Carbs

Tofu, Carrots, and Bok Choy over Rice

🕒 15 min 🍽️ 2 servings

332 Kcal / serving

21g Protein 15g Fat 29g Carbs

Ingredients

- Carrots, 1 medium (61 g)
- Bok choy, 2 cups (142 g)
- Ginger, 1 tsp (2 g)
- Sesame oil, 1 teaspoon (6 g)
- Vegetable oil, 1 teaspoon (4.5 g)
- Garlic, 1 cloves (3 g)
- Soy sauce, 2 tbsp (36 g)
- Salt and pepper, 1 tsp (2 g)
- Rice, white, steamed, 1 cup, loosely packed (132 g)
- firm tofu, cubed, 2 portion(s) (250 g)



Instructions

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

Season tofu with salt and pepper, then add them to the skillet. Cook for 4-5 minutes on each side. Remove tofu from skillet and set aside.

In the same skillet, add carrots, garlic, and ginger. Cook for 2-3 minutes, or until carrots start to soften.

Add bok choy to the skillet and cook for an additional 2-3 minutes, or until bok choy is wilted.

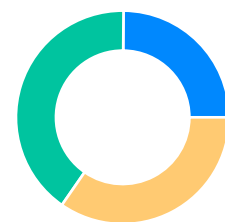
In a small bowl, whisk together soy sauce and sesame oil. Pour the sauce over the vegetables in the skillet and stir to coat.

Add the tofu back to the skillet. Cook for another minute to heat through.

Serve the tofu, carrots, and bok choy over cooked rice. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	663.2	103.9	331.6
Protein [g]	40.9	6.4	20.5
Fat [g]	29.6	4.6	14.8
Carbs [g]	57	8.9	28.5
Fiber [g]	13.5	2.1	6.8
Net Carbs [g]	43.5	6.8	21.8



Protein Fat Carbs

Vegan Seitan Wrap with Mixed Greens, Tomatoes, and Red Onions

🕒 10 min 🍽️ 1 serving

870 Kcal / serving

71g Protein 30g Fat 80g Carbs

Ingredients

- **Paprika**, 1/2 teaspoons (1 g)
- **Olive oil**, 2 teaspoons (8 g)
- **Tomatoes**, 1/2 cup (71.6 g)
- **Tortilla wraps**, 4 tortilla medium (approx 6" dia) (120 g)
- **Seitan**, 2 cup (280 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Cumin**, 1/4 teaspoon (0.5 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Salad greens**, 1 cup (40 g)
- **Onions**, 1/4 cup (40 g)
- **Vegan mayonnaise**, 1 tablespoons (14 g)



Instructions

In a skillet, heat olive oil over medium heat.

Add seitan slices to the skillet and sprinkle with garlic powder, paprika, cumin, salt, and pepper. Cook for 3-4 minutes, until seitan is heated through and slightly crispy.

Warm the tortilla wraps in a separate skillet or in the microwave for a few seconds.

Spread vegan mayonnaise on each tortilla wrap.

Divide the cooked seitan slices among the tortilla wraps.

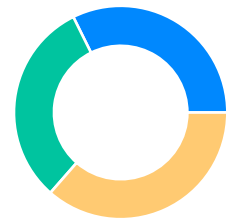
Top with salad greens, sliced tomatoes, and red onions.

Roll up the wraps tightly, tucking in the sides as you go.

Slice each wrap in half diagonally and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	869.6	150.3	869.6
Protein [g]	70.7	12.2	70.7
Fat [g]	30.4	5.3	30.4
Carbs [g]	79.7	13.8	79.7
Fiber [g]	9.6	1.7	9.6
Net Carbs [g]	70.1	12.1	70.1



Protein Fat Carbs

Vegan Tofu and Broccoli Stir-Fry over Quinoa

🕒 10 min 🍽️ 2 servings

354 Kcal / serving

23g Protein 16g Fat 32g Carbs

Ingredients

- Salt, 1/2 tsp (3 g)
- Tofu, firm, 4 servings (464 g)
- Olive Oil, 1 tablespoon (15 g)
- Broccoli, 2 cup (190 g)
- Quinoa, cooked, 1 cup (185 g)



Instructions

Cook the quinoa 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 broccoli florets 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 quinoa.

Enjoy your quick and delicious vegan meal!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	706.9	82.5	353.5
Protein [g]	45.5	5.3	22.8
Fat [g]	31.8	3.7	15.9
Carbs [g]	63.2	7.4	31.6
Fiber [g]	10.6	1.2	5.3
Net Carbs [g]	52.6	6.1	26.3



Protein Fat Carbs

Seitan Stir-Fry with Carrots and Quinoa

🕒 15 min 🍽️ 2 servings

295 Kcal / serving

26g Protein 10g Fat 26g Carbs

Ingredients

- Salt, 1/2 tsp (3 g)
- Olive oil, 1 tablespoon (13.5 g)
- Seitan, 1 1/2 cup (210 g)
- Carrots, slices, 1 medium (61 g)
- Quinoa, cooked, 1 cup (185 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 carrot slices.

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

Return the seitan to the skillet with the carrot 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]	589	124.7	294.5
Protein [g]	52.8	11.2	26.4
Fat [g]	19.7	4.2	9.9
Carbs [g]	52.6	11.1	26.3
Fiber [g]	9.4	2	4.7
Net Carbs [g]	43.2	9.1	21.6



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.

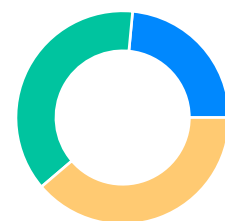
Bake in the preheated oven for 10-12 minutes or until the muffins are set and slightly golden on top.

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 Farro Breakfast Salad with Sweet Potatoes, Tofu and Arugula

🕒 20 min 🍽️ 2 servings

284 Kcal / serving

15g Protein 11g Fat 33g Carbs

Ingredients

- Sweet potatoes, 1/2 cup, cubes (66.5 g)
- Balsamic vinegar, 2 tbsp (32 g)
- Maple syrup, 1 tablespoons (20 g)
- Almonds, 1/4 cup (22.1 g)
- Farro, 1/2 cup (78.5 g)
- Tofu, 8 oz (226.8 g)
- Arugula, 2 cup (56 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the cubed sweet potatoes on a baking sheet and drizzle with olive oil. Season with salt and pepper, then toss to coat. Roast in the preheated oven for 15-20 minutes or until tender and slightly caramelized.

While the sweet potatoes are roasting, prepare the tofu. Cut the tofu into small cubes.

Heat a non-stick skillet over medium heat and add the tofu cubes. Cook for about 5 minutes, stirring occasionally, until the tofu is lightly browned.

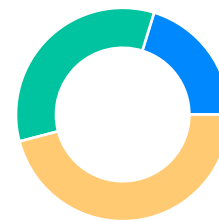
In a small bowl, whisk together the maple syrup and balsamic vinegar to make the dressing.

In a large bowl, combine the cooked farro, roasted sweet potatoes, cooked tofu, arugula, and sliced almonds. Drizzle the dressing over the salad and toss to combine.

Serve the vegan farro breakfast salad immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	568.5	113.3	284.3
Protein [g]	29.3	5.8	14.7
Fat [g]	21.8	4.3	10.9
Carbs [g]	66.5	13.2	33.3
Fiber [g]	10.5	2.1	5.3
Net Carbs [g]	56	11.2	28



Protein Fat Carbs

Vegan White Bean Scramble with Spinach

🕒 10 min 🍽️ 2 servings

246 Kcal / serving

14g Protein 9g Fat 29g Carbs

Ingredients

- Turmeric, 1/2 teaspoons (1.1 g)
- Chickpea flour, 1/4 cup (28.8 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Spinach, 2 cup (60 g)
- Nutritional yeast, 1/4 cup (10.6 g)
- White Beans, 3/4 cup (134.2 g)
- Olive Oil, 1 tablespoon (15 g)



Instructions

In a bowl, mash the white beans with a fork until slightly chunky.

Add chickpea flour, nutritional yeast, turmeric, and garlic powder to the mashed beans. Mix well to combine.

Heat a non-stick skillet over medium heat.

Add the white bean mixture to the skillet and cook for 3-4 minutes, stirring occasionally.

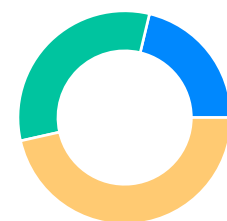
Add the chopped spinach to the skillet and cook for an additional 2-3 minutes until wilted.

Remove from heat.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	492.8	196.1	246.4
Protein [g]	26.9	10.7	13.5
Fat [g]	18.1	7.2	9.1
Carbs [g]	58.8	23.4	29.4
Fiber [g]	15.9	6.3	8
Net Carbs [g]	42.9	17.1	21.5



Protein Fat Carbs

Vegan Mongolian Tofu over Brown Rice

🕒 20 min 🍽️ 2 servings

362 Kcal / serving

21g Protein 12g 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)
- Block of tofu, 1 block (340 g)
- cooked brown rice, 1 cup (190 g)
- Ginger, minced, 1 tsp (2 g)
- green onions, chopped, 1 stalk (12 g)



Instructions

Cut the tofu 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 tofu cubes to the skillet and cook for about 5 minutes, until lightly browned.

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

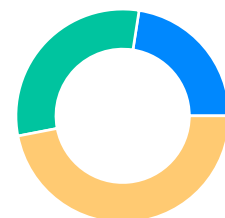
Continue cooking for another 5 minutes, until the sauce thickens slightly and coats the tofu.

Serve the Mongolian tofu over cooked brown rice.

Garnish with sliced green onions.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	724.4	110.8	362.2
Protein [g]	41.1	6.3	20.6
Fat [g]	24.7	3.8	12.4
Carbs [g]	85.6	13.1	42.8
Fiber [g]	7	1.1	3.5
Net Carbs [g]	78.6	12	39.3



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.

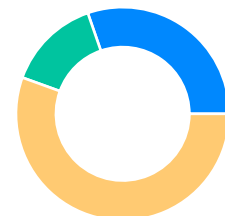
Continue cooking for another 5 minutes, until the sauce thickens slightly and coats the seitan.

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 Watermelon Edamame Poke Bowl

🕒 15 min 🍽️ 4 servings

240 Kcal / serving

7g Protein 5g Fat 41g Carbs

Ingredients

- **Mango**, 1/2 cup pieces (82.5 g)
- **Cilantro**, 2 tbsp (0.9 g)
- **Watermelon**, 2 cup, diced (304 g)
- **Cucumber**, 1 cup, pared, chopped (133 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Agave syrup**, 1 tablespoons (21 g)
- **Rice vinegar**, 1 tablespoon (16 g)
- **Rice**, 2 cups (316 g)
- **Edamame**, 1 cup (148 g)



Instructions

In a large bowl, combine the cooked rice, watermelon, edamame, cucumber, and mango.

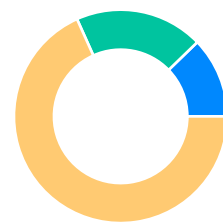
In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, and agave syrup to make the dressing.

Pour the dressing over the rice and vegetable mixture and toss gently to combine.

Sprinkle with chopped cilantro and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	961	89.7	240.3
Protein [g]	29.6	2.8	7.4
Fat [g]	20.9	2	5.2
Carbs [g]	165.3	15.4	41.3
Fiber [g]	11.1	1	2.8
Net Carbs [g]	154.2	14.4	38.6



Protein Fat Carbs

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

221 Kcal / serving

9g Protein 10g Fat 26g Carbs

Ingredients

- Olive oil, 1 tsp (5 g)
- Vegan hummus, 1/2 cup (123 g)
- Whole Wheat Bread, 2 slice (64 g)
- Onion, thinly sliced, 1/2 cup (78.5 g)



Instructions

Heat olive oil in a pan over medium heat.

Add the sliced onions and sauté for 5 minutes until they are slightly softened and charred.

Toast the bread slices until golden brown.

Spread a generous amount of vegan hummus on each slice of toast.

Top the hummus with the pan-fried onions.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	441.1	163.1	220.6
Protein [g]	18.5	6.8	9.3
Fat [g]	19.1	7.1	9.6
Carbs [g]	52.2	19.3	26.1
Fiber [g]	12.6	4.7	6.3
Net Carbs [g]	39.6	14.6	19.8



Protein Fat Carbs

Shopping List

Breakfast Cereals

- Rolled Oats, 3 tablespoon (30 g)

Dairy and Egg Products

- Soy milk, 1 cup (244 g)

Spices and Herbs

- Salt, 1 tsp (5.5 g)
- Turmeric, 1/3 teaspoons (0.6 g)
- Garlic powder, 2/3 teaspoon (1.9 g)
- Balsamic vinegar, 2 tbsp (32 g)
- Paprika, 1 teaspoon (2 g)
- Cumin, 1 teaspoon (2 g)
- Salt and pepper, 3 1/2 tsp (7 g)
- Salt and pepper, 4 servings (2 g)
- Paprika, 1/2 teaspoons (1 g)

Legumes and Legume Products

- Chickpea flour, 1/2 cup (52.9 g)
- Soy sauce, 1/2 cup (111.6 g)
- SILK Plain soy yogurt, 1 cup (225 g)
- Soy sauce, 7 tbsp (126 g)
- Tempeh, 1 package (228 g)
- Tofu, firm, 2 servings (232.3 g)
- Vegan hummus, 1/2 cup (123.7 g)
- Peanuts, Raw, 2 oz (56.7 g)
- Hummus, 1 tub (180 g)

Other

- Tofu, 1/5 package (65.9 g)
- Nutritional yeast, 1/7 cup (5.3 g)
- White Beans, 1/3 cup (67.3 g)
- Farro, 1/2 cup (78.5 g)
- Tofu, 8 oz (226.8 g)
- Seitan, 11 1/2 cup (1610.7 g)
- seitan, strips/cubes, 1/2 cup (134.9 g)
- Nutritional yeast, 2 tablespoon (15 g)
- Block of tofu, 1 block (340.1 g)

- Rice vinegar, 1/3 tablespoon (4 g)
- Edamame, 1/3 cup (37 g)

Fats and Oils

- Olive Oil, 1 1/3 tablespoon (20 g)
- Olive oil, 6 teaspoons (24 g)
- Olive oil, 2 tablespoon (27 g)
- Vegetable oil, 2 teaspoon (9 g)
- Olive oil, 2 tbsp (26 g)
- Olive oil, 4 servings (56 g)
- Sesame oil, 1/3 tablespoon (3.5 g)
- Sesame oil, 1/2 teaspoon (3 g)
- Olive oil, 1 tsp (5 g)

Vegetables and Vegetable Products

- Spinach, 1/5 cups (4.8 g)
- Spinach, 1 cup (30.1 g)
- Garlic, 16 clove (48 g)
- Ginger, minced, 2 tsp (4 g)
- green onions, chopped, 2 stalk (24 g)
- Sweet potatoes, 1/2 cup, cubes (66.5 g)
- Arugula, 2 cup (56 g)
- Carrots, slices, 1 medium (61.2 g)
- Bell pepper, 1 portion (154.7 g)
- Garlic, 2 1/2 cloves (7.4 g)
- Bell pepper, 1 small (82.9 g)
- Onion, 1 (109.9 g)
- Eggplant, 1/4 large (114.4 g)
- Cabbage, 2 cup, shredded (140.1 g)
- firm tofu, 2 serve (240.2 g)
- Asparagus spears, 1 bunches (450 g)
- Spinach, 2 bunch (680.4 g)
- Tomatoes, 1/2 cup (71.6 g)
- Salad greens, 1 cup (40 g)
- Onions, 1/3 cup (40 g)
- Broccoli, 1 cup (95.1 g)
- Cilantro, 1/2 tbsp (0.2 g)
- Cucumber, 1/3 cup, pared, chopped (33.3 g)
- Carrots, 1/2 medium (30.5 g)
- Bok choy, 1 cups (70.9 g)

- Ginger, 1/2 tsp (1 g)
- firm tofu, cubed, 1 portion(s) (124.9 g)
- Onion, thinly sliced, 1/2 cup (78.9 g)
- Carrot, cut into pieces, 1 cup strips or slices (122 g)
- Seaweed snacks, 2 snack pack (10 g)

Fruits and Fruit Juices

- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Raspberries, 20 raspberries (38 g)
- Juice of lemon, 2 tablespoon (32 g)
- Mango, 1/7 cup pieces (20.6 g)
- Watermelon, 1/2 cup, diced (76 g)
- Nectarine, 1 medium (2-1/2" dia) (142 g)
- Cherries, 2 cup, without pits (308 g)

Nut and Seed Products

- Peanut butter, smooth, 1 tablespoon (20 g)
- Almonds, 1 handful (26 g)
- Walnuts, 1 oz (14 halves) (28.4 g)

Sweets

- Maple syrup, 5 tablespoons (100 g)
- Honey, 1 tsp (4 g)
- Agave syrup, 1/3 tablespoons (5.3 g)

Cereal Grains and Pasta

- cooked brown rice, 2 cup (380.2 g)
- Quinoa, cooked, 1 1/2 cup (278.2 g)
- Rice, 1 cup (184.8 g)
- Brown Rice, Raw, 1 cup (135.9 g)
- brown rice, cooked, 1/2 cup (77.4 g)
- Rice, 4 cups (740.5 g)
- Rice, white, steamed, 1/2 cup, loosely packed (66 g)

Branded Food Products Database

- seitan, cubed, 2 serving (170.1 g)

Baked Products

- Almonds, 1/3 cup (22.1 g)
- Tortilla wraps, 4 tortilla medium (approx 6" dia) (120.1 g)
- Whole Wheat Bread, 2 slice (64.4 g)

Soups, Sauces, and Gravies

- Vegan mayonnaise, 1 tablespoons (14 g)