

## Vegan Diet Recipes

### Air Fried Popcorn Tofu

🕒 30 min    🍽️ 2 servings

*Per serving:* 278 Kcal 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.

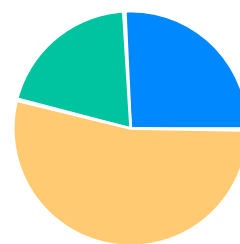
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

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



26 % Protein 20 % Fat 54 %  
Carbs

# Vegan Chickpea Avocado Toast

🕒 20 min 🍽️ 4 servings

*Per serving:* 264 Kcal 11g Protein 11g Fat 35g Carbs

## Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Cilantro**, 1/4 cup (4.2 g)
- **Lime juice**, 1 tablespoon (15 g)
- **Tomato**, 1 small (90.9 g)
- **Chickpeas**, 1 can (453 g)
- **Grain bread**, 4 slices (112.9 g)
- **Onion**, 1 small (70 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

In a medium bowl, mash the chickpeas with a fork until slightly chunky.

Add the lime juice, cumin, salt, and pepper to the mashed chickpeas and mix well.

Toast the slices of bread until golden brown.

Spread the mashed chickpea mixture evenly on each slice of toast.

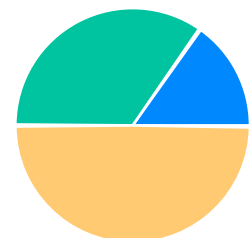
Slice the avocado and divide it among the toasts, placing the slices on top of the chickpeas.

Top with sliced red onion, diced tomato, and chopped cilantro.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1057.5	111.3	264.4
Protein [g]	42.3	4.5	10.6
Fat [g]	42.8	4.5	10.7
Carbs [g]	138.4	14.6	34.6
Fiber [g]	42.7	4.5	10.7
Net Carbs [g]	95.7	10.1	23.9



15% Protein 35% Fat 50% Carbs

# Crispy Seitan Corn Salad

🕒 10 min 🍽️ 1 serving

*Per serving:* 391 Kcal 36g Protein 13g Fat 42g Carbs

## Ingredients

- Cilantro, 1/4 cup (3.8 g)
- Corn kernels, 1 cup (164 g)
- Lime juice, 2 tbsp (30 g)
- Olive oil, 2 teaspoons (8 g)
- Seitan, 1 cup (140 g)
- Cherry tomatoes, 1 cup (149 g)
- Onion, 1/4 cup (40 g)
- Cumin, 1 teaspoon (2 g)
- Paprika, 1/2 teaspoon (1 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

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

Add seitan strips to the skillet and cook for 3-4 minutes, until crispy.

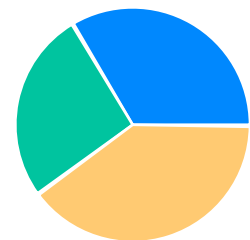
In a mixing bowl, combine corn kernels, cherry tomatoes, red onion, cilantro, lime juice, cumin, smoked paprika, salt, and pepper.

Add the cooked seitan to the bowl and toss everything together until well combined.

Serve the crispy seitan corn salad immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	390.5	72.3	390.5
Protein [g]	35.7	6.6	35.7
Fat [g]	12.5	2.3	12.5
Carbs [g]	42.2	7.8	42.2
Fiber [g]	7.5	1.4	7.5
Net Carbs [g]	34.7	6.4	34.7



34 % Protein 26 % Fat 40 % Carbs

# Mango-Almond Smoothie Bowl

🕒 10 min 🍽️ 2 servings

*Per serving:* 259 Kcal 7g Protein 13g Fat 34g Carbs

## Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Banana, 1 medium (7" to 7-7/8" long) (118 g)
- Mango cubes, 1 cup (172 g)
- Cinnamon, 1/4 teaspoon (0.5 g)
- Ginger powder, 1/2 teaspoons (1 g)
- Chia seeds, 1 tbsp (12 g)
- Almond butter, 1 tbsp (16 g)
- Almond milk, 1/2 cup (125 g)
- Almonds, 1/4 cup (22.1 g)



## Instructions

In a blender, combine the diced mango, frozen banana, almond milk, almond butter, chia seeds, turmeric powder, ginger powder, and cinnamon.

Blend until smooth and creamy.

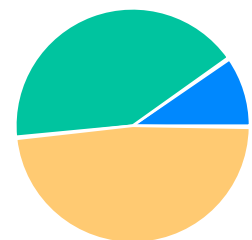
Pour the smoothie mixture into a bowl.

Top with sliced almonds.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	518.4	110.8	259.2
Protein [g]	13.6	2.9	6.8
Fat [g]	26.2	5.6	13.1
Carbs [g]	67.9	14.5	34
Fiber [g]	15.4	3.3	7.7
Net Carbs [g]	52.5	11.2	26.3



10% Protein 42% Fat 48% Carbs

# Vegan Tofu Shakshuka

🕒 20 min    🍽️ 4 servings

*Per serving:* 248 Kcal 15g Protein 10g Fat 28g Carbs

## Ingredients

- **Ground turmeric**, 1/2 teaspoon (1.1 g)
- **Ground paprika**, 1 teaspoon (2 g)
- **Canned tomatoes**, 14 ounces (396.9 g)
- **Olive oil**, 1 servings (14 g)
- **Onion**, 1 small (70 g)
- **Garlic**, 2 portion (6 g)
- **Bell pepper**, 1 portion (119.1 g)
- **Salt and pepper**, 4 serving (2 g)
- **Ground cumin**, 1 tsp (2 g)
- **Block tofu**, 14 oz (396.9 g)
- **Whole Wheat Bread, toasted**, 4 slice (128 g)



## Instructions

Heat olive oil in a large skillet over medium heat.

Add diced onion and minced garlic to the skillet and sauté until onion becomes translucent.

Add diced red bell pepper and cook for another 2-3 minutes.

Pour in the crushed tomatoes and stir in cumin, paprika, turmeric, salt, and pepper.

Simmer the mixture for about 5 minutes, allowing the flavors to meld together.

Gently fold in the crumbled tofu, making sure it's evenly distributed throughout the sauce.

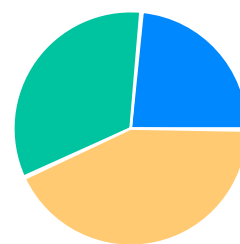
Cover the skillet and let it cook for an additional 5 minutes, allowing the tofu to absorb the flavors.

Remove from heat and garnish with fresh parsley.

Serve hot with toasted whole wheat bread.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	991.2	87.1	247.8
Protein [g]	60.8	5.3	15.2
Fat [g]	38.3	3.4	9.5
Carbs [g]	111.1	9.8	27.8
Fiber [g]	23.4	2.1	5.9
Net Carbs [g]	87.7	7.7	21.9



24 % Protein 33 % Fat 43 %  
Carbs

# Tofu Kale Power Bowl

🕒 10 min 🍽️ 2 servings

*Per serving:* 468 Kcal 25g Protein 28g Fat 33g Carbs

## Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Kale**, 2 cups (95.7 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Quinoa**, 1 cup (185 g)
- **Cherry tomatoes**, 1/2 cup (74.4 g)
- **Almonds**, 1/8 cup (17.9 g)
- **Block of tofu**, 1 block (340 g)



## Instructions

In a large skillet, heat 1 tablespoon of olive oil over medium heat.

Add the tofu cubes to the skillet and cook for 5-7 minutes, until golden brown on all sides.

In a separate skillet, heat the remaining 1 tablespoon of olive oil over medium heat.

Add the kale and sauté for 2-3 minutes, until slightly wilted.

In a small bowl, whisk together soy sauce and lemon juice.

Add the cooked quinoa, cherry tomatoes, sliced almonds, sautéed kale, and tofu cubes to a serving bowl.

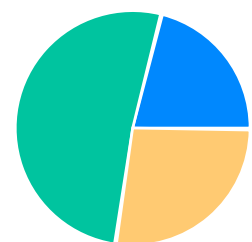
Drizzle the soy sauce and lemon juice mixture over the bowl.

Toss everything together until well combined.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	935	118.2	467.5
Protein [g]	50.8	6.4	25.4
Fat [g]	55.5	7	27.8
Carbs [g]	65.5	8.3	32.8
Fiber [g]	14.4	1.8	7.2
Net Carbs [g]	51.1	6.5	25.6



21 % Protein 52 % Fat 27 % Carbs





# Tahini Pasta with Broccoli

🕒 10 min 🍽️ 2 servings

*Per serving:* 424 Kcal 17g Protein 17g Fat 55g Carbs

## Ingredients

- Broccoli, 2 cups (182 g)
- Garlic, 2 clove (6 g)
- Tahini, 4 tbsp (60 g)
- Soy sauce, 2 tbsp (36 g)
- Pasta, 2 serving (108 g)



## Instructions

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

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

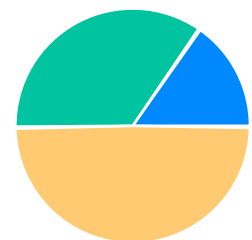
In a small bowl, whisk together tahini, soy sauce, and minced garlic until well combined.

In a large pan, heat a tablespoon of oil over medium heat. Add the cooked pasta, blanched broccoli, and tahini sauce. Stir well to coat everything evenly and cook for 2-3 minutes until heated through.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	848.3	216.4	424.2
Protein [g]	33.8	8.6	16.9
Fat [g]	34.2	8.7	17.1
Carbs [g]	109.6	28	54.8
Fiber [g]	11.4	2.9	5.7
Net Carbs [g]	98.2	25.1	49.1



15% Protein 35% Fat 50% Carbs