

Vegan Meal Plan

DAY 1

Breakfast	Unsweetened Strawberry Chia Pudding	1 serving (268 g)
Mid-morning snack	Seaweed snacks	2 snack pack (10 g)
Lunch	Tofu Sauteed with Green Pepper, Scallions and Tamari	1 serving (229 g)
Mid-afternoon snack	Plain soy yogurt Granola	1 cup (225 g) 1/4 cup (30.5 g)
Dinner	Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet	1 serving (804 g)

DAY 2

Breakfast	Vegan Tofu Scramble	1 serving (121 g)
Mid-morning snack	Crispy Seitan Corn Salad	1 serving (540 g)
Lunch	Vegan Tofu, Spinach, Zucchini, and Quinoa Bowl	1 serving (457 g)
Mid-afternoon snack	Nectarine	2 medium (2-1/2" dia) (284 g)
Dinner	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers	1 serving (259 g)

DAY 3

Breakfast	Vegan Savory Oats with Tomato and Spinach	1 serving (264 g)
Mid-morning snack	Dairy-Free Pumpkin Spice Latte	1 serving (311 g)
Lunch	Garlic Baked Tempeh and Asparagus	1 serving (364 g)
Mid-afternoon snack	Blackberries	1 cup (138 g)
Dinner	Seitan and Green Bean Stir Fry over Brown Rice	1 serving (656 g)

DAY 4

Breakfast	Unsweetened Blueberry Chia Pudding	1 serving (306 g)
Mid-morning snack	Air Fried Popcorn Tofu	1 serving (242 g)
Lunch	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Mid-afternoon snack	Peanut butter, reduced sodium	2 tbsp (32 g)
	Whole Wheat Bread	1 slice (32 g)
Dinner	Seitan and Eggplant over Rice	1 serving (338 g)

DAY 5

Breakfast	Raspberries	20 raspberries (38 g)
	Plain soy yogurt	1 cup (225 g)
Mid-morning snack	Seaweed snacks	2 snack pack (10 g)
Lunch	Vegan Tofu Quinoa Wrap	2 serving (832 g)
Mid-afternoon snack	Plum	2 fruit (2-1/8" dia) (132 g)
Dinner	Garlic Baked Tempeh and Asparagus	1 serving (364 g)

DAY 6

Breakfast	Vegan Chickpea Scramble with Kale	1 serving (259 g)
Mid-morning snack	Blackberries	1 cup (138 g)
Lunch	Vegan Tofu, Spinach, Zucchini, and Quinoa Bowl	1 serving (457 g)
Mid-afternoon snack	Crispy Seitan Corn Salad	1 serving (540 g)
Dinner	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers	1 serving (259 g)

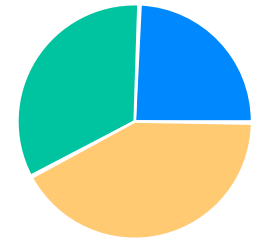
DAY 7

Breakfast	Plain soy yogurt Strawberries	2 cup (450 g) 2 cup, halves (304 g)
Mid-morning snack	Vegan Hummus and Pan Fried Onions Toast	1 serving (136 g)
Lunch	Vegan Baked Sweet Potato, Seitan, and Green Beans	1 serving (208 g)
Mid-afternoon snack	Air Fried Popcorn Tofu	1 serving (242 g)
Dinner	Tofu Sauteed with Green Pepper, Scallions and Tamari	2 serving (458 g)

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER
1	D Unsweetened Strawberry Chia Pudding A Y 1 serving (268 g)	Seaweed snacks 2 snack pack (10 g)	Tofu Sauteed with Green Pepper, Scallions and Tamari 1 serving (229 g)	Plain soy yogurt 1 cup (225 g) Granola ¼ cup (30.5 g)	Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet 1 serving (804 g)
2	D Vegan Tofu Scramble A Y 1 serving (121 g)	Crispy Seitan Corn Salad 1 serving (540 g)	Vegan Tofu, Spinach, Zucchini, and Quinoa Bowl 1 serving (457 g)	Nectarine 2 medium (2-½" dia) (284 g)	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers 1 serving (259 g)
3	D Vegan Savory Oats with Tomato and Spinach A Y 1 serving (264 g)	Dairy-Free Pumpkin Spice Latte 1 serving (311 g)	Garlic Baked Tempeh and Asparagus 1 serving (364 g)	Blackberries 1 cup (138 g)	Seitan and Green Bean Stir Fry over Brown Rice 1 serving (656 g)
4	D Unsweetened Blueberry Chia Pudding A Y 1 serving (306 g)	Air Fried Popcorn Tofu 1 serving (242 g)	Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	Peanut butter, reduced sodium 2 tbsp (32 g) Whole Wheat Bread 1 slice (32 g)	Seitan and Eggplant over Rice 1 serving (338 g)
5	D Raspberries A 20 raspberries (38 g) Y Plain soy yogurt 1 cup (225 g)	Seaweed snacks 2 snack pack (10 g)	Vegan Tofu Quinoa Wrap 2 serving (832 g)	Plum 2 fruit (2-½" dia) (132 g)	Garlic Baked Tempeh and Asparagus 1 serving (364 g)
6	D Vegan Chickpea Scramble with Kale A Y 1 serving (259 g)	Blackberries 1 cup (138 g)	Vegan Tofu, Spinach, Zucchini, and Quinoa Bowl 1 serving (457 g)	Crispy Seitan Corn Salad 1 serving (540 g)	Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers 1 serving (259 g)
7	D Plain soy yogurt A 2 cup (450 g) Y Strawberries 2 cup, halves (304 g)	Vegan Hummus and Pan Fried Onions Toast 1 serving (136 g)	Vegan Baked Sweet Potato, Seitan, and Green Beans 1 serving (208 g)	Air Fried Popcorn Tofu 1 serving (242 g)	Tofu Sauteed with Green Pepper, Scallions and Tamari 2 serving (458 g)

Macronutrient summary

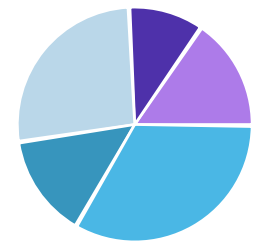
	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	10446.9	1492.4
Protein [g]	660.5	94.4
Fat [g]	402.1	57.4
Carbs [g]	1139.9	162.8
Fiber [g]	225.2	32.2
Net Carbs [g]	914.7	130.7



24 % Protein 33 % Fat
42 % Carbs

Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	231.4	9.6	8.3	31.2	9.2	22
Mid-morning snack	152.5	10.8	4.6	18.4	4.8	13.5
Lunch	398.6	25.4	18.9	34.9	7	28
Mid-afternoon snack	211.5	11.6	7	28.1	4.5	23.6
Dinner	498.3	37	18.7	50.2	6.7	43.5



16 % Breakfast 10 %
Mid-morning snack 27
% Lunch 14 % Mid-af-
ternoon snack 33 %
Dinner

Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	1529.3	94.5	58.6	161.8	40.7	121.1
Day 2	1452.1	92.1	60	155.1	23.4	131.7
Day 3	1487.8	93.5	58.1	165.1	32.9	132.2
Day 4	1430.7	94.5	52.7	157.2	37	120.2
Day 5	1500	96	56.4	164.7	31	133.7
Day 6	1488.8	95	58.1	165.2	34.4	130.8
Day 7	1558.2	94.8	58.2	170.8	25.9	144.9

Vegan Savory Oats with Tomato and Spinach

🕒 15 min 🍽️ 2 servings

Per serving: 190 Kcal 9g Protein 3g Fat 33g Carbs

Ingredients

- Vegetable broth, 2 cups (391.7 g)
- Rolled oats, 1 c (81.1 g)
- Tomatoes, 1/4 cup (35.8 g)
- Nutritional yeast, 1/4 cup (11 g)
- Spinach, 1/4 cup (7.5 g)



Instructions

In a saucepan, bring the vegetable broth to a boil.

Add the rolled oats and reduce heat to low. Cook for about 5 minutes, stirring occasionally.

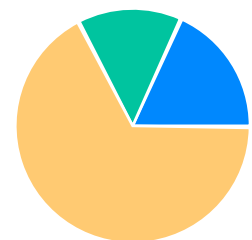
Stir in the nutritional yeast, diced tomatoes, and chopped spinach. Cook for another 2-3 minutes until the oats are creamy and fully cooked.

Remove from heat and let it sit for a minute to thicken.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	380.2	72.1	190.1
Protein [g]	17.6	3.3	8.8
Fat [g]	6.1	1.2	3.1
Carbs [g]	65.1	12.4	32.6
Fiber [g]	11.5	2.2	5.8
Net Carbs [g]	53.6	10.2	26.8



18% Protein 14% Fat 67% Carbs

Tofu Sauteed with Green Pepper, Scallions and Tamari

🕒 20 min 🍽️ 4 servings

Per serving: 223 Kcal 17g Protein 15g Fat 7g Carbs

Ingredients

- Salt, 4 serving (2 g)
- Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2" dia) (119 g)
- Scallions, 4 green onions (48 g)
- Olive oil, 2 servings (28 g)
- Block of tofu, 2 block (680 g)
- Tamari sauce, 2 tbsp (36 g)
- Garlic powder, 1 teaspoon (3 g)
- Pepper, 1/2 teaspoon (1 g)



Instructions

Heat olive oil in a large skillet over medium heat.

Add tofu cubes and sauté until lightly browned, about 5 minutes.

Add green pepper and scallions to the skillet and cook for an additional 3 minutes.

In a small bowl, mix tamari sauce, garlic powder, black pepper, and salt.

Pour the tamari sauce mixture over the tofu and vegetables in the skillet.

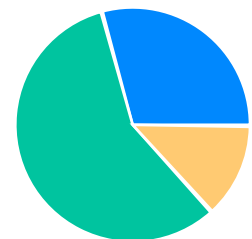
Stir well to coat everything evenly and cook for another 2 minutes.

Remove from heat and serve hot topped with sesame seeds.

Enjoy your delicious tofu sautéed with green pepper, scallions, and tamari!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	891.9	97.3	223
Protein [g]	66.8	7.3	16.7
Fat [g]	58.3	6.4	14.6
Carbs [g]	29.5	3.2	7.4
Fiber [g]	9.5	1	2.4
Net Carbs [g]	20	2.2	5



29 % Protein 58 % Fat 13 % Carbs

Dairy-Free Pumpkin Spice Latte

🕒 10 min 🍽️ 2 servings

Per serving: 58 Kcal 2g Protein 2g Fat 9g Carbs

Ingredients

- Vanilla extract, 1/2 teaspoons (2 g)
- Cinnamon, 2 teaspoon (4 g)
- Pumpkin puree, 1/2 cup (122.5 g)
- Whipped coconut cream, 2 serving (2 g)
- Coffee, 1 cup (236 g)
- Almond milk, 1 cup (250 g)
- Pumpkin pie spice, 2 teaspoons (4 g)
- Sweetener, 1 package (1 g)



Instructions

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

In a blender, combine the hot almond milk, pumpkin puree, sweetener, pumpkin pie spice, and vanilla extract. Blend until smooth and well combined.

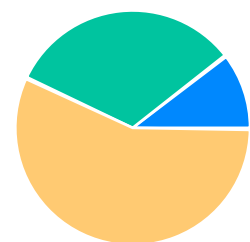
If desired, add brewed coffee or espresso to the blender and blend again until incorporated.

Pour the mixture into mugs and top with whipped coconut cream and a sprinkle of cinnamon, if desired.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	114.9	18.5	57.5
Protein [g]	3.3	0.5	1.7
Fat [g]	4.6	0.7	2.3
Carbs [g]	18.3	2.9	9.2
Fiber [g]	7.1	1.1	3.5
Net Carbs [g]	11.2	1.8	5.6



10% Protein 33% Fat 57% Carbs

Garlic Baked Tempeh and Asparagus

🕒 30 min 🍽️ 2 servings

Per serving: 397 Kcal 29g Protein 26g Fat 20g Carbs

Ingredients

- Salt, 1/2 teaspoon (2.5 g)
- Olive oil, 2 tablespoon (27 g)
- Asparagus, 1 bunches (450 g)
- Garlic, 5 clove (15 g)
- Tempeh, 8 oz (228 g)
- Pepper, 1/4 tsp (0.5 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Parsley, 1 tablespoon (4 g)



Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together the minced garlic, olive oil, salt, black pepper, and red pepper flakes.

Place the sliced tempeh and trimmed asparagus on a baking sheet.

Pour the lemon garlic marinade over the tempeh and asparagus, making sure they are evenly coated.

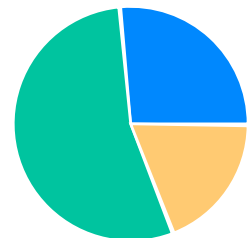
Place the baking sheet in the preheated oven and bake for 20-25 minutes, or until the tempeh is golden brown and the asparagus is tender.

Remove from the oven and sprinkle with fresh parsley before serving.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	792.9	109	396.5
Protein [g]	57.4	7.9	28.7
Fat [g]	52.4	7.2	26.2
Carbs [g]	40.7	5.6	20.4
Fiber [g]	10.2	1.4	5.1
Net Carbs [g]	30.5	4.2	15.3



27 % Protein 55 % Fat 19 % Carbs

Vegan Tofu Scramble

🕒 20 min 🍽️ 4 servings

Per serving: 118 Kcal 9g Protein 6g Fat 8g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoon (1.1 g)
- **Paprika**, 1/2 teaspoons (1 g)
- **Olive oil**, 1 servings (14 g)
- **Onion**, 1/2 medium (52.9 g)
- **Garlic**, 2 portion (6 g)
- **Soy sauce**, 2 tbsp (36 g)
- **Block of tofu**, 1 100 gram (226 g)
- **Bell pepper**, 1 (119 g)
- **Cumin**, 1/2 teaspoon (1 g)
- **Salt**, 1 tsp (2 g)
- **Nutritional yeast**, 2 tablespoons (15 g)
- **Parsley**, 2 tablespoons (8 g)
- **Spices, pepper, black**, 1 tsp, ground (2.3 g)



Instructions

Press the tofu to remove excess water, then crumble it into small pieces.

Heat olive oil in a large skillet over medium heat.

Add diced onion, bell pepper, and minced garlic to the skillet. Sauté until vegetables are softened.

Add crumbled tofu to the skillet and stir to combine with the vegetables.

Sprinkle turmeric, cumin, paprika, salt, and pepper over the tofu mixture. Stir well to evenly distribute the spices.

Cook for about 5 minutes, stirring occasionally, until the tofu is heated through and slightly browned.

Add nutritional yeast and soy sauce to the skillet. Stir to coat the tofu mixture.

Continue cooking for another 2-3 minutes, allowing the flavors to meld together.

Remove from heat and sprinkle chopped fresh parsley over the tofu scramble.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	470.9	97.3	117.7
Protein [g]	34.4	7.1	8.6
Fat [g]	25.6	5.3	6.4
Carbs [g]	31.2	6.4	7.8
Fiber [g]	10.9	2.3	2.7
Net Carbs [g]	20.3	4.2	5.1



28 % Protein 47 % Fat 25 %
Carbs

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.

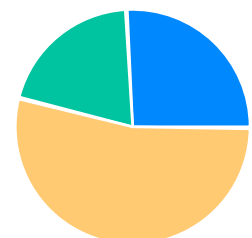
Place the coated tofu cubes in a single layer in the air fryer basket. Do not overcrowd.

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 Tofu Quinoa Wrap

🕒 30 min 🍽️ 4 servings

Per serving: 422 Kcal 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.

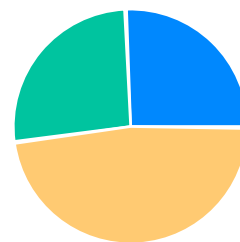
Fold the sides of the tortilla inward and roll it up tightly.

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



26 % Protein 26 % Fat 48 %
Carbs

Seitan and Eggplant over Rice

🕒 10 min 🍽️ 2 servings

Per serving: 381 Kcal 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.

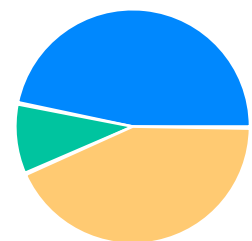
Stir in the soy sauce and cook for another minute to coat the seitan and eggplant.

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



47 % Protein 10 % Fat 43 % 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.

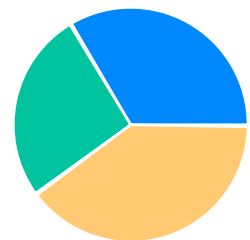
In a mixing bowl, combine corn kernels, cherry tomatoes, red onion, cilantro, lime juice, cumin, smoked paprika, salt, and pepper.

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

Seitan and Green Bean Stir Fry over Brown Rice

🕒 10 min 🍽️ 2 servings

Per serving: 784 Kcal 53g Protein 26g Fat 90g Carbs

Ingredients

- **Vegetable broth**, 1/4 cup (47.1 g)
- **Green beans**, 2 cups (220 g)
- **Sesame oil**, 1 tablespoon (14 g)
- **Vegetable oil**, 1 tablespoon (13.6 g)
- **Garlic**, 2 clove (6 g)
- **Soy sauce, tamari**, 2 tbsp (36 g)
- **Cornstarch**, 1 tablespoon (8 g)
- **Brown rice**, 3 cup (585 g)
- **Seitan**, 2 1/2 cup (350 g)
- **Salt and pepper**, 1 tsp (2 g)
- **hemp seeds**, 3 tbsp (30 g)



Instructions

In a small bowl, whisk together soy sauce (tamari), sesame oil, cornstarch, and vegetable broth. Set aside.

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

Add seitan and cook for 3-4 minutes, until lightly browned.

Add minced garlic and green beans to the skillet. Stir-fry for an additional 3-4 minutes, until the green beans are tender-crisp.

Pour the sauce mixture over the seitan and green beans. Stir well to coat everything evenly.

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

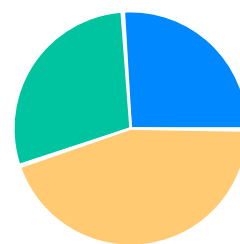
Season with salt and pepper to taste.

Serve the stir fry over cooked brown rice.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1568.1	119.5	784.1
Protein [g]	104.9	8	52.5
Fat [g]	51.8	3.9	25.9
Carbs [g]	179.5	13.7	89.8
Fiber [g]	22.4	1.7	11.2
Net Carbs [g]	157.1	12	78.6



26 % Protein 29 % Fat 45 %
Carbs

Vegan Potato, Seitan, Peppers and Carrots Breakfast Skillet

🕒 15 min 🍽️ 2 servings

Per serving: 731 Kcal 55g Protein 17g Fat 96g Carbs

Ingredients

- **Turmeric**, 1/2 teaspoons (1.1 g)
- **Paprika**, 1 teaspoon (2 g)
- **Potatoes**, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- **Carrot**, 1 portion (61 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Onion**, 1 medium (2-1/2" dia) (110 g)
- **Garlic**, 2 clove (6 g)
- **Bell pepper**, 1 medium (approx 2-3/4" long, 2-1/2" dia.) (119 g)
- **Seitan**, 3 cup (420 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

Heat olive oil in a large skillet over medium heat.

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

Add diced potatoes and cook for about 5 minutes, stirring occasionally, until they start to soften.

Add sliced seitan, diced red bell pepper, and grated carrot to the skillet. Cook for another 5 minutes.

Sprinkle paprika, turmeric, salt, and pepper over the skillet mixture. Stir well to combine.

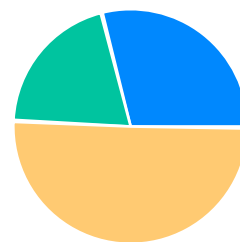
Continue cooking for an additional 3-5 minutes, or until the potatoes are fully cooked and everything is heated through.

Remove from heat and garnish with fresh parsley.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1460.9	90.8	730.5
Protein [g]	109.6	6.8	54.8
Fat [g]	33.7	2.1	16.9
Carbs [g]	191.3	11.9	95.7
Fiber [g]	30.4	1.9	15.2
Net Carbs [g]	160.9	10	80.5



29 % Protein 20 % Fat 51 %
Carbs

Vegan Baked Sweet Potato, Seitan, and Green Beans

🕒 25 min 🍽️ 4 servings

Per serving: 219 Kcal 20g Protein 5g Fat 26g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Sweet potatoes, 2 medium (436 g)
- Salt and pepper, 1 tsp (2 g)
- Seitan, 2 1/2 cup (350 g)
- Green Beans, sliced, 1 ounces (28 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large mixing bowl, combine the sweet potatoes, seitan, green beans, olive oil, salt, and pepper. Toss well to coat everything evenly.

Transfer the mixture to a baking dish and spread it out in an even layer.

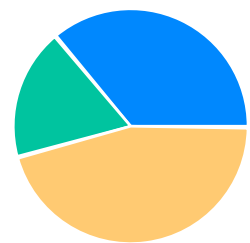
Bake for 15-20 minutes or until the sweet potatoes are tender and slightly crispy.

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

Serve warm as a main dish or side salad.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	874	105.4	218.5
Protein [g]	80.9	9.8	20.2
Fat [g]	17.9	2.2	4.5
Carbs [g]	101.9	12.3	25.5
Fiber [g]	18	2.2	4.5
Net Carbs [g]	83.9	10.1	21



36% Protein 18% Fat 46% Carbs

Vegan Chickpea Scramble with Kale

🕒 20 min 🍽️ 2 servings

Per serving: 220 Kcal 13g Protein 5g Fat 35g Carbs

Ingredients

- Turmeric, 1 teaspoons (2.3 g)
- Garlic, 2 clove (6 g)
- Chickpeas, 1 can (total can contents) (448 g)
- Salt and pepper, 2 serving (1 g)
- Kale, 1 cup (61 g)



Instructions

Drain and rinse the chickpeas thoroughly.

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

Add the minced garlic to the skillet and sauté until fragrant.

Add the chickpeas to the skillet and sprinkle with turmeric, salt, and pepper.

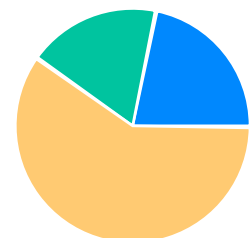
Using a fork or a potato masher, gently mash the chickpeas until they resemble a scrambled egg consistency.

Continue cooking for about 5 minutes, stirring occasionally, until the mixture is heated through. Add the kale and continue cooking for 2 minutes or until wilted.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	440.2	84.9	220.1
Protein [g]	25.3	4.9	12.7
Fat [g]	9.4	1.8	4.7
Carbs [g]	69.3	13.4	34.7
Fiber [g]	22.5	4.3	11.3
Net Carbs [g]	46.8	9	23.4



22 % Protein 18 % Fat 60 % Carbs

Vegan Hummus and Pan Fried Onions Toast

🕒 10 min 🍽️ 2 servings

Per serving: 221 Kcal 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.

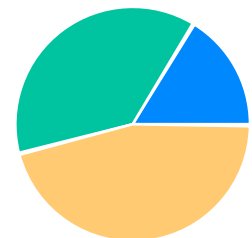
Spread a generous amount of vegan hummus on each slice of toast.

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



16 % Protein 38 % Fat 46 % Carbs

Vegan Tofu, Spinach, Zucchini, and Quinoa Bowl

🕒 30 min 🍽️ 1 serving

Per serving: 443 Kcal 24g Protein 26g Fat 31g Carbs

Ingredients

- Olive oil, 1 tablespoon (15 g)
- Zucchini, sliced, 1/2 cup, chopped (62 g)
- Quinoa, cooked, 1/2 cup (92.5 g)
- Salt and pepper, 1 pinch (0.1 g)
- Spinach, 1/2 cup (15 g)
- Bell peppers, sliced, 1/2 cup (74.5 g)
- Block of tofu, cubed, 1/2 portion (198 g)



Instructions

Preheat a large skillet over medium heat and add olive oil.

Add cubed tofu to the skillet and cook until golden brown on all sides, about 10 minutes.

Add sliced bell peppers and zucchini to the skillet and cook for an additional 5 minutes.

Add cooked quinoa, spinach, salt, and pepper to the skillet and cook for another 5 minutes, stirring occasionally.

Remove from heat and transfer to a bowl.

Enjoy your Vegan Tofu Vegetable Bowl!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	443.3	97	443.3
Protein [g]	23.6	5.2	23.6
Fat [g]	26	5.7	26
Carbs [g]	31.2	6.8	31.2
Fiber [g]	6.7	1.5	6.7
Net Carbs [g]	24.5	5.4	24.5



21 % Protein 52 % Fat 28 % Carbs

Tempeh Fried Rice with Zucchini, Carrots, and Bell Peppers

🕒 25 min 🍽️ 1 serving

Per serving: 376 Kcal 21g Protein 14g Fat 44g Carbs

Ingredients

- **Ginger powder**, 1/2 tsp (0.9 g)
- **Carrots, diced**, 1/8 cup (15.4 g)
- **Sesame oil**, 1 tsp (4.5 g)
- **Zucchini, diced**, 1/8 cup (15.3 g)
- **Tempeh**, 3 oz (85.4 g)
- **Pepper**, 1/4 tsp (0.5 g)
- **Bell peppers, diced**, 1/8 cup (17.9 g)
- **Rice**, 3/4 cups (118.5 g)
- **salt**, 1 pinch (0.6 g)



Instructions

Heat a non-stick pan over medium heat and add the tempeh cubes. Cook until lightly browned on all sides, about 5 minutes.

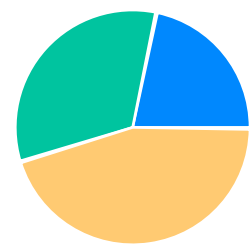
Add the mixed vegetables to the pan and cook for another 3-4 minutes, until they are slightly softened.

Add the cooked rice to the pan and stir in the sesame oil, ginger powder, salt, and black pepper. Cook for another 2-3 minutes, stirring occasionally.

Remove from heat. Serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	375.5	145.1	375.6
Protein [g]	21.1	8.1	21.1
Fat [g]	14.2	5.5	14.2
Carbs [g]	43.9	17	43.9
Fiber [g]	1.7	0.7	1.7
Net Carbs [g]	42.2	16.3	42.2



22 % Protein 33 % Fat 45 % Carbs

Unsweetened Blueberry Chia Pudding

🕒 15 min 🍽️ 1 serving

Per serving: 281 Kcal 9g Protein 16g Fat 30g Carbs

Ingredients

- Vanilla extract, 1/2 tsp (2.1 g)
- Blueberries, 1/2 cup (74 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 3/4 cup (187.5 g)



Instructions

In a medium bowl, mix chia seeds and almond milk together. Let sit for 10 minutes.

In a blender, blend blueberries and vanilla extract until smooth.

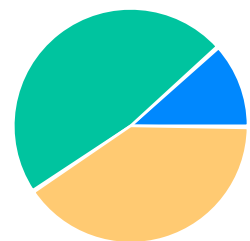
Pour blueberry into chia seed mixture and stir well.

Ideally, cover and refrigerate for at least 2 hours or overnight.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	281	91.8	281
Protein [g]	8.5	2.8	8.5
Fat [g]	15.6	5.1	15.6
Carbs [g]	29.6	9.7	29.6
Fiber [g]	17	5.6	17
Net Carbs [g]	12.6	4.1	12.6



12 % Protein 48 % Fat 41 % Carbs

Unsweetened Strawberry Chia Pudding

🕒 15 min 🍽️ 1 serving

Per serving: 248 Kcal 8g Protein 15g Fat 20g Carbs

Ingredients

- Vanilla extract, 1/2 tsp (2.1 g)
- Chia seeds, 1/4 cup (42.5 g)
- Almond milk, 3/4 cup (187.5 g)
- Strawberry, 3 fruit, medium (36 g)



Instructions

In a medium bowl, mix chia seeds and almond milk together. Let sit for 10 minutes.

In a blender, blend strawberries and vanilla extract until smooth.

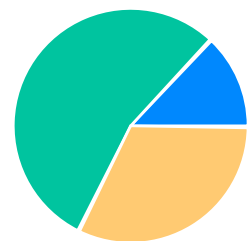
Pour strawberry mixt into chia seed mixture and stir well.

Ideally, cover and refrigerate for at least 2 hours or overnight.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	248.2	92.6	248.2
Protein [g]	8.2	3.1	8.2
Fat [g]	15.4	5.7	15.4
Carbs [g]	20.3	7.6	20.3
Fiber [g]	16.1	6	16.1
Net Carbs [g]	4.2	1.6	4.2



13 % Protein 55 % Fat 32 % Carbs

Shopping List

Spices and Herbs

- Vanilla extract, 1 tsp (4.2 g)
- Turmeric, 1/8 teaspoon (0.3 g)
- Paprika, 1/8 teaspoons (0.2 g)
- Cumin, 2 3/4 teaspoon (5.5 g)
- Salt, 1/4 tsp (0.5 g)
- Spices, pepper, black, 1/4 tsp, ground (0.6 g)
- Turmeric, 2/3 teaspoons (1.7 g)
- Salt and pepper, 1 serving (0.5 g)
- Paprika, 1 teaspoon (2 g)
- Salt and pepper, 3 3/4 tsp (7.5 g)
- Vanilla extract, 1/3 teaspoons (1 g)
- Cinnamon, 1 teaspoon (2 g)
- Pumpkin pie spice, 1 teaspoons (2 g)
- Salt, 1 teaspoon (5 g)
- Paprika, 1 1/2 teaspoon (3 g)
- Garlic powder, 2 1/3 teaspoon (6.8 g)
- Pepper, 2 1/2 tsp (5 g)
- Salt, 3 serving (1.5 g)
- Pepper, 1/3 teaspoon (0.7 g)
- Salt and pepper, 2 pinch (0.2 g)
- Pepper flakes, 1/3 teaspoon (0.5 g)
- Ginger powder, 1 tsp (1.8 g)
- salt, 2 pinch (1.2 g)

Nut and Seed Products

- Chia seeds, 1/2 cup (85 g)
- Whipped coconut cream, 1 serving (1 g)
- hemp seeds, 1 1/2 tbsp (15 g)

Dairy and Egg Products

- Almond milk, 2 cup (500 g)

Fruits and Fruit Juices

- Strawberry, 3 fruit, medium (36 g)
- Blueberries, 1/2 cup (74 g)
- Raspberries, 20 raspberries (38 g)
- Strawberries, 2 cup, halves (304 g)

- Lime juice, 4 tbsp (60 g)
- Blackberries, 2 cup (276 g)
- Lime juice, 1 tablespoon (15 g)
- Nectarine, 2 medium (2-1/2" dia) (284 g)
- Plum, 2 fruit (2-1/8" dia) (132 g)

Fats and Oils

- Olive oil, 1 2/3 servings (24.5 g)
- Olive oil, 4 teaspoons (16 g)
- Cooking oil, 1 teaspoons (4 g)
- Olive oil, 1 tsp (5 g)
- Olive oil, 5 3/4 tablespoon (77.6 g)
- Sesame oil, 2 tsp (9 g)
- Sesame oil, 1/2 tablespoon (7 g)
- Vegetable oil, 1/2 tablespoon (6.8 g)
- Vegetable oil, 1/2 teaspoon (2.2 g)

Vegetables and Vegetable Products

- Onion, 1/8 medium (13.2 g)
- Garlic, 1/2 portion (1.5 g)
- Bell pepper, 1/4 (29.7 g)
- Parsley, 1 1/2 tablespoons (6 g)
- Tomatoes, 2/3 cup (89.5 g)
- Spinach, 1 1/2 cup (45 g)
- Garlic, 8 clove (24 g)
- Kale, 1/2 cup (30.5 g)
- Seaweed snacks, 4 snack pack (20 g)
- Cilantro, 2/3 cup (9.6 g)
- Corn kernels, 2 cup (328.1 g)
- Cherry tomatoes, 2 cup (298.1 g)
- Onion, 1/2 cup (80 g)
- Pumpkin puree, 1/3 cup (61.3 g)
- Onion, thinly sliced, 1/2 cup (78.9 g)
- Bell pepper, 2/3 medium (approx 2-3/4" long, 2-1/2" dia) (89.2 g)
- Scallions, 3 green onions (36 g)
- Zucchini, sliced, 1 cup, chopped (124 g)
- Bell peppers, sliced, 1 cup (149 g)
- Asparagus, 1 bunches (450.3 g)
- Parsley, 1 tablespoon (4 g)
- Lettuce, 1 cup shredded (72 g)

- Onions, 1/7 cup (20 g)
- Sweet potatoes, 1/2 medium (109.3 g)
- Green Beans, sliced, 1/3 ounces (7 g)
- Potatoes, 2 potato medium (2-1/4" to 3-1/4" dia) (426 g)
- Carrot, 1/2 portion (30.5 g)
- Onion, 1/2 medium (2-1/2" dia) (55 g)
- Bell pepper, 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (59.5 g)
- Carrots, diced, 1/3 cup (30.8 g)
- Zucchini, diced, 1/3 cup (30.5 g)
- Bell peppers, diced, 1/3 cup (35.8 g)
- Green beans, 1 cups (110 g)
- Eggplant, 1/4 large (114.4 g)

Legumes and Legume Products

- Soy sauce, 2 tbsp (36 g)
- Plain soy yogurt, 4 cup (900 g)
- Chickpeas, 1/2 can (total can contents) (223.9 g)
- Block of extra tofu, 2 (793 g)
- Vegan hummus, 1/2 cup (123.7 g)
- Tempeh, 14 oz (398.7 g)
- Peanut butter, reduced sodium, 2 tbsp (32 g)
- Soy sauce, tamari, 1 tbsp (18 g)

Other

- Block of tofu, 1/4 100 gram (56.5 g)
- Nutritional yeast, 2 1/2 tablespoons (18.8 g)
- Nutritional yeast, 1/3 cup (16.5 g)
- Seitan, 5 1/3 cup (752.9 g)
- Block of tofu, 1 1/2 block (509.4 g)
- Block of tofu, cubed, 1 portion (395.9 g)
- Tortillas, 4 large (120 g)
- seitan, strips/cubes, 1/2 cup (134.9 g)

Soups, Sauces, and Gravies

- Vegetable broth, 1 cups (196.2 g)
- Vegetable broth, 1/7 cup (23.6 g)

Breakfast Cereals

- Rolled oats, 1/2 c (40.6 g)
- Granola, 1/4 cup (30.5 g)

Beverages

- Coffee, 1/2 cup (118.1 g)

Sweets

- Sweetener, 1/2 package (0.5 g)

Cereal Grains and Pasta

- Cornstarch, 1/2 cup (64.1 g)
- Quinoa, cooked, 1 cup (185 g)
- Quinoa, 1/2 cup (92.5 g)
- Rice, 1 1/2 cups (237.1 g)
- Cornstarch, 1/2 tablespoon (4 g)
- Brown rice, 1 1/2 cup (292.6 g)
- brown rice, cooked, 1/2 cup (77.4 g)

Baked Products

- Whole Wheat Bread, 3 slice (96.4 g)

Ethnic Foods

- Tamari sauce, 1 1/2 tbsp (27 g)