

## 1-Week Vegan Bodybuilding Meal Plan (1200-1500 kcal)

*(Portions optimized for his protein intake needs and easy prep.)*

### Day 1

- **Breakfast:** Tempeh Scramble with Spinach & Mushrooms + Quinoa (40g protein)
- **Lunch: Lentil & Tofu Power Bowl** (Lentils, grilled tofu, kale, avocado, tahini) (40g protein)
- **Dinner: Seitan & Chickpea Stir-fry** with Broccoli & Brown Rice (40g protein)

### Day 2

- **Breakfast: Tofu Pancakes** (Oats, blended tofu, vanilla, flaxseeds) + **Soy Yogurt** (40g protein)
- **Lunch: Quinoa & Black Bean Buddha Bowl** with Hemp Seeds & Pumpkin Seeds (40g protein)
- **Dinner: Tempeh & Zucchini Noodles** with Spicy Peanut Sauce (40g protein)

### Day 3

- **Breakfast: Chia & Hemp Protein Pudding** with Berries & Almond Butter (40g protein)
- **Lunch: Seitan Wrap with Hummus & Greens** (Whole wheat wrap, grilled seitan, hummus, arugula) (40g protein)
- **Dinner: Miso Soup with Edamame & Brown Rice** (40g protein)

### Day 4

- **Breakfast: Tofu Scramble with Nutritional Yeast & Spinach + Quinoa** (40g protein)
- **Lunch: Lentil Stew with Sweet Potatoes & Kale** (40g protein)
- **Dinner: Chickpea & Seitan Stir-Fry with Cashews** (40g protein)

### Day 5

- **Breakfast: Vegan Protein Smoothie Bowl** (Soy milk, pea protein, hemp seeds, banana) (40g protein)
- **Lunch: Tempeh & Quinoa Stuffed Peppers** (40g protein)
- **Dinner: Chili with Black Beans, Kidney Beans, & TVP** (40g protein)

### Day 6

- **Breakfast: Lupini Beans & Avocado Toast with Sprouts** (40g protein)
- **Lunch: Lentil & Tofu Curry with Coconut Milk** (40g protein)
- **Dinner: Seitan Tacos with Guacamole & Cabbage Slaw** (40g protein)

## Day 7

- **Breakfast: Protein Pancakes with Almond Butter & Berries** (40g protein)
- **Lunch: BBQ Tempeh & Quinoa Bowl with Roasted Veggies** (40g protein)
- **Dinner: Soy-Glazed Tofu with Bok Choy & Rice Noodles** (40g protein)

## Day 1

### **Tempeh Scramble with Spinach & Mushrooms + Quinoa**

 **Servings:** 1 meal | **Prep Time:** 10 min | **Cook Time:** 15 min

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### **Ingredients:**

- **½ block (4 oz) tempeh, crumbled**
  - **½ cup cooked quinoa** (¼ cup dry)
  - **½ cup baby spinach, chopped**
  - **½ cup mushrooms, sliced**
  - **¼ cup diced onions**
  - **1 clove garlic, minced**
  - **½ tsp turmeric**
  - **½ tsp smoked paprika**
  - **¼ tsp black pepper**
  - **½ tsp nutritional yeast**
  - **½ tsp tamari or coconut aminos** (for umami flavor)
  - **¼ cup vegetable broth or water** (to prevent sticking)
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### **Cooking Instructions:**

- 1. Cook the quinoa:**
  - In a small pot, cook **¼ cup dry quinoa** with **½ cup water** until soft (about 12 minutes). Set aside.
- 2. Sauté the aromatics:**
  - Heat **¼ cup vegetable broth** (or a splash of water) in a pan over medium heat.
  - Add **onions and garlic**, and sauté for **2-3 minutes** until fragrant.

### 3. Cook the tempeh & mushrooms:

- Add **crumbled tempeh** and **sliced mushrooms** to the pan.
- Stir in **turmeric, smoked paprika, and black pepper**.
- Cook for **5 minutes**, stirring occasionally.

### 4. Add spinach & seasoning:

- Stir in **baby spinach, tamari, and nutritional yeast**.
- Cook for another **2-3 minutes**, just until the spinach is wilted.

### 5. Combine with quinoa & serve:

- Mix in the **cooked quinoa**, stir well, and let everything heat together for **1-2 minutes**.
- Adjust seasoning if needed and serve hot!

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#### Macros (Per Serving):

- **Calories:** 420
- **Protein:** 40g
- **Carbs:** 45g
- **Fats:** 10g

#### Lentil & Tofu Power Bowl

 **Servings:** 1 meal | **Prep Time:** 10 min | **Cook Time:** 20 min

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#### Ingredients:

- **½ cup dry lentils** (yields ~1¼ cup cooked)
- **½ block (4 oz) firm tofu, cubed**
- **1 cup kale, chopped**
- **¼ avocado, sliced**
- **1 tbsp tahini**
- **½ tsp smoked paprika**
- **½ tsp cumin**
- **¼ tsp black pepper**

- **½ tsp garlic powder**
  - **½ tbsp tamari or coconut aminos**
  - **½ tsp lemon juice**
  - **¼ cup vegetable broth or water** (to prevent sticking)
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### **Cooking Instructions:**

#### 1. **Cook the lentils:**

- In a small pot, cook **½ cup dry lentils** with **1½ cups water** until soft (about **15 minutes**). Drain and set aside.

#### 2. **Grill the tofu:**

- Preheat a pan or grill over **medium heat**.
- Toss **cubed tofu** with **smoked paprika, cumin, garlic powder, and tamari**.
- Grill or pan-fry for **4-5 minutes per side**, until golden brown.

#### 3. **Sauté the kale:**

- In the same pan, add **¼ cup vegetable broth** (or water) and cook **chopped kale** for **2-3 minutes**, until wilted.

#### 4. **Assemble the bowl:**

- In a serving bowl, layer **cooked lentils, grilled tofu, and sautéed kale**.
- Top with **sliced avocado and a drizzle of tahini & lemon juice**.

#### 5. **Serve & enjoy!**

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### **Macros (Per Serving):**

- **Calories:** 450
- **Protein:** 40g
- **Carbs:** 48g
- **Fats:** 14g

### **Seitan & Chickpea Stir-Fry with Broccoli & Brown Rice**

 **Servings:** 1 meal | **Prep Time:** 10 min | **Cook Time:** 15 min

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## Ingredients:

- **½ cup cooked chickpeas** (or **¼ cup dry**, soaked & cooked)
  - **½ cup seitan, sliced**
  - **½ cup cooked brown rice** (**¼ cup dry**)
  - **1 cup broccoli florets**
  - **¼ cup bell peppers, sliced**
  - **¼ cup onions, sliced**
  - **1 clove garlic, minced**
  - **½ tsp ginger, grated**
  - **½ tbsp tamari or coconut aminos**
  - **½ tsp smoked paprika**
  - **¼ tsp black pepper**
  - **½ tsp sesame seeds (optional, for garnish)**
  - **¼ cup vegetable broth or water** (to sauté without oil)
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## Cooking Instructions:

1. **Cook the brown rice:**
  - In a small pot, cook **¼ cup dry brown rice** with **½ cup water** until soft (about **12-15 minutes**). Set aside.
2. **Sauté the aromatics:**
  - In a pan over **medium heat**, add **¼ cup vegetable broth** (or water) and sauté **onions, garlic, and ginger** for **2 minutes**, until fragrant.
3. **Cook the seitan & chickpeas:**
  - Add **sliced seitan** and **cooked chickpeas** to the pan.
  - Sprinkle with **smoked paprika, black pepper, and tamari**.
  - Stir-fry for **4-5 minutes**, until seitan is lightly browned.
4. **Add the vegetables:**
  - Toss in **broccoli florets and bell peppers**.
  - Stir-fry for another **3-4 minutes**, until the vegetables are slightly tender but still crisp.

5. **Assemble & serve:**

- Plate the stir-fry over **cooked brown rice**.
- Garnish with **sesame seeds** if desired.

6. **Enjoy hot!**

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 **Macros (Per Serving):**

- **Calories:** 460
- **Protein:** 42g
- **Carbs:** 50g
- **Fats:** 10g

**Day 2**

 **Tofu Pancakes + Soy Yogurt**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 10 min**

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 **Ingredients:**

**Pancakes:**

- **½ block (4 oz) firm tofu, blended**
- **½ cup rolled oats (blended into oat flour)**
- **1 tbsp ground flaxseeds**
- **½ cup unsweetened soy milk**
- **½ tsp vanilla extract**
- **½ tsp cinnamon**
- **½ tsp baking powder**
- **¼ tsp salt (optional)**

**Toppings:**

- **⅓ cup unsweetened soy yogurt**
- **½ tbsp maple syrup (optional, for sweetness)**
- **½ tbsp hemp seeds (optional, for added protein & texture)**

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 **Cooking Instructions:**

**1. Prepare the batter:**

- In a blender or bowl, mix blended tofu, oat flour, flaxseeds, soy milk, vanilla, cinnamon, baking powder, and salt until smooth.

**2. Cook the pancakes:**

- Heat a non-stick pan over medium heat.
- Pour  $\frac{1}{4}$  cup batter per pancake onto the pan.
- Cook for 2-3 minutes until bubbles form, then flip and cook for another 1-2 minutes until golden brown.
- Repeat for remaining batter.

**3. Assemble & serve:**

- Stack pancakes and top with  $\frac{1}{3}$  cup soy yogurt.
- Drizzle with maple syrup (if using) and sprinkle hemp seeds.

**4. Enjoy warm!**

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 **Macros (Per Serving):**

- **Calories: 440**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 9g**

 **Quinoa & Black Bean Buddha Bowl with Hemp Seeds & Pumpkin Seeds**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 15 min**

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 **Ingredients:**

- $\frac{1}{2}$  cup cooked quinoa ( $\frac{1}{4}$  cup dry)
- $\frac{1}{2}$  cup black beans (cooked, or  $\frac{1}{4}$  cup dry soaked & cooked)
- $\frac{1}{2}$  cup cherry tomatoes, halved
- $\frac{1}{2}$  cup cucumbers, diced

- **½ cup baby spinach or mixed greens**
  - **¼ avocado, sliced**
  - **1 tbsp hemp seeds**
  - **1 tbsp pumpkin seeds**
  - **½ tbsp tahini**
  - **½ tbsp lemon juice**
  - **½ tsp garlic powder**
  - **½ tsp cumin**
  - **¼ tsp black pepper**
  - **½ tbsp tamari or coconut aminos**
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#### **Cooking Instructions:**

##### **1. Cook the quinoa:**

- **In a small pot, cook ¼ cup dry quinoa with ½ cup water until soft (about 12 minutes). Set aside.**

##### **2. Prepare the black beans:**

- **If using canned beans, rinse and drain them.**
- **If cooking from dry, soak overnight and cook until soft.**

##### **3. Assemble the bowl:**

- **In a serving bowl, add cooked quinoa, black beans, cherry tomatoes, cucumbers, and spinach.**

##### **4. Prepare the dressing:**

- **In a small bowl, whisk together tahini, lemon juice, garlic powder, cumin, and tamari.**

##### **5. Top & serve:**

- **Drizzle the dressing over the bowl.**
- **Garnish with avocado slices, hemp seeds, and pumpkin seeds.**

##### **6. Enjoy fresh!**

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#### **Macros (Per Serving):**



- **Calories: 460**
- **Protein: 40g**
- **Carbs: 48g**
- **Fats: 14g**

## **Tempeh & Zucchini Noodles with Spicy Peanut Sauce**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 15 min**

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### **Ingredients:**

#### **Main Dish:**

- **½ block (4 oz) tempeh, cubed**
- **1 medium zucchini, spiralized into noodles**
- **½ cup carrots, julienned**
- **¼ cup bell peppers, sliced**
- **¼ cup red cabbage, shredded**
- **1 green onion, chopped (for garnish)**
- **½ tbsp tamari or coconut aminos**
- **¼ tsp black pepper**
- **½ tsp smoked paprika**
- **¼ cup vegetable broth or water (to sauté without oil)**
- **½ tbsp sesame seeds (optional, for garnish)**

#### **Spicy Peanut Sauce:**

- **1 tbsp natural peanut butter (or almond butter)**
- **½ tbsp tamari or coconut aminos**
- **½ tbsp lime juice**
- **½ tsp sriracha or chili flakes**
- **½ tsp garlic powder**
- **½ tsp ginger, grated**
- **1 tbsp warm water (to thin sauce as needed)**

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 **Cooking Instructions:**

**1. Prepare the sauce:**

- In a small bowl, whisk together peanut butter, tamari, lime juice, sriracha, garlic powder, ginger, and warm water until smooth. Set aside.

**2. Cook the tempeh:**

- In a heated pan, add ¼ cup vegetable broth (or water) and sauté cubed tempeh over medium heat.
- Sprinkle with black pepper, smoked paprika, and tamari.
- Cook for 5-6 minutes, stirring occasionally, until lightly browned.

**3. Sauté the veggies:**

- Add bell peppers, carrots, and cabbage to the pan.
- Stir-fry for 3-4 minutes, until slightly tender but still crisp.

**4. Prepare the zucchini noodles:**


- Add zucchini noodles to the pan and toss with the cooked tempeh and veggies.
- Cook for 1-2 minutes, just until the noodles soften slightly.

**5. Assemble & serve:**

- Drizzle the spicy peanut sauce over the tempeh and zucchini noodles.
- Garnish with chopped green onions and sesame seeds.

**6. Enjoy warm!**

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 **Macros (Per Serving):**

- **Calories: 450**
- **Protein: 40g**
- **Carbs: 42g**
- **Fats: 15g**

**DAY 3**

 **Chia & Hemp Protein Pudding with Berries & Almond Butter**

 **Servings: 1 meal | Prep Time: 5 min | Chill Time: 2+ hours (or overnight)**

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 **Ingredients:**

**pudding Base:**

- 2 tbsp chia seeds
- 2 tbsp hemp seeds
- 1 scoop (25g) plant-based protein powder (unsweetened, vanilla or neutral flavor)
- 1 cup unsweetened soy milk
- ½ tsp cinnamon
- ½ tsp vanilla extract

**Toppings:**

- ½ cup mixed berries (blueberries, raspberries, or strawberries)
- ½ tbsp almond butter
- ½ tbsp pumpkin seeds (optional, for extra crunch)

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 **Preparation Instructions:**

**1. Prepare the pudding:**

- In a bowl or jar, mix chia seeds, hemp seeds, protein powder, cinnamon, and vanilla extract.
- Add soy milk and stir well.
- Let sit for 5 minutes, then stir again to prevent clumping.

**2. Chill:**

- Cover and refrigerate for at least 2 hours (or overnight) until thickened.

**3. Assemble & serve:**

- Top with mixed berries, almond butter, and pumpkin seeds before serving.

**4. Enjoy cold!**

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 **Macros (Per Serving):**

- **Calories: 450**
- **Protein: 40g**

- **Carbs: 36g**
- **Fats: 18g**

 **Seitan Wrap with Hummus & Greens**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 10 min**

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 **Ingredients:**

- **½ cup seitan, sliced**
  - **1 whole wheat wrap (8-inch, high-protein if available)**
  - **2 tbsp hummus (unsweetened, oil-free if possible)**
  - **½ cup arugula (or mixed greens)**
  - **¼ cup bell peppers, sliced**
  - **¼ cup cucumbers, sliced**
  - **¼ cup shredded carrots**
  - **¼ tsp black pepper**
  - **½ tsp smoked paprika**
  - **½ tbsp tamari or coconut aminos**
  - **¼ tsp garlic powder**
  - **¼ cup vegetable broth or water (to sauté without oil)**
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 **Cooking Instructions:**

**1. Grill the seitan:**

- **Heat a pan over medium heat and add ¼ cup vegetable broth (or water).**
- **Add sliced seitan and season with black pepper, smoked paprika, garlic powder, and tamari.**
- **Cook for 4-5 minutes, stirring occasionally, until seitan is lightly browned.**

**2. Assemble the wrap:**

- **Spread 2 tbsp hummus evenly over the whole wheat wrap.**
- **Layer arugula, bell peppers, cucumbers, shredded carrots, and grilled seitan on top.**

### 3. Wrap it up:

- **Fold the sides in and roll tightly to form a wrap.**
  - **Slice in half and serve fresh!**
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### **Macros (Per Serving):**

- **Calories: 460**
- **Protein: 40g**
- **Carbs: 48g**
- **Fats: 10g**

### **Miso Soup with Edamame & Brown Rice**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 10 min**

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### **Ingredients:**

- **1½ cups water**
  - **1 tbsp miso paste (white or yellow, low-sodium if available)**
  - **½ cup shelled edamame (cooked, or frozen and thawed)**
  - **½ cup cooked brown rice (¼ cup dry)**
  - **½ cup firm tofu, cubed**
  - **¼ cup green onions, chopped**
  - **¼ cup mushrooms, sliced (shiitake or cremini preferred)**
  - **½ tsp ginger, grated**
  - **½ tsp garlic powder**
  - **½ tbsp tamari or coconut aminos**
  - **½ sheet nori (optional, torn into small pieces for extra umami flavor)**
  - **½ tsp sesame seeds (optional, for garnish)**
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### **Cooking Instructions:**

**1. Cook the brown rice:**

- In a small pot, cook ¼ cup dry brown rice with ½ cup water until soft (about 12-15 minutes). Set aside.

**2. Prepare the miso broth:**

- In a small pot, bring 1½ cups water to a gentle simmer (do not boil).
- Stir in grated ginger, garlic powder, and tamari.

**3. Cook the tofu & veggies:**

- Add cubed tofu, mushrooms, and edamame to the broth.
- Simmer for 5 minutes until heated through.

**4. Add the miso:**


- In a small bowl, dissolve 1 tbsp miso paste in 2 tbsp warm water until smooth.
- Remove the soup from heat and stir in the miso mixture (do not boil miso, as high heat destroys its beneficial probiotics).

**5. Assemble & serve:**

- Pour the soup into a bowl and add cooked brown rice.
- Garnish with green onions, sesame seeds, and nori (if using).

**6. Enjoy warm!**

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 **Macros (Per Serving):**

- **Calories: 430**
- **Protein: 40g**
- **Carbs: 45g**
- **Fats: 9g**

**Day 4**

 **Tofu Scramble with Nutritional Yeast & Spinach + Quinoa**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 10 min**

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 **Ingredients:**

- ½ block (4 oz) firm tofu, crumbled

- **½ cup cooked quinoa (¼ cup dry)**
  - **1 cup fresh spinach, chopped**
  - **¼ cup bell peppers, diced**
  - **¼ cup onions, diced**
  - **1 clove garlic, minced**
  - **½ tbsp nutritional yeast**
  - **½ tsp turmeric**
  - **½ tsp smoked paprika**
  - **¼ tsp black pepper**
  - **½ tbsp tamari or coconut aminos**
  - **¼ cup vegetable broth or water (to sauté without oil)**
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#### **Cooking Instructions:**

##### **1. Cook the quinoa:**

- **In a small pot, cook ¼ cup dry quinoa with ½ cup water until soft (about 12 minutes). Set aside.**

##### **2. Sauté the aromatics:**

- **In a heated pan, add ¼ cup vegetable broth (or water) and sauté onions, garlic, and bell peppers over medium heat for 2-3 minutes until fragrant.**

##### **3. Cook the tofu:**

- **Add crumbled tofu to the pan.**
- **Stir in turmeric, smoked paprika, black pepper, and tamari.**
- **Cook for 5 minutes, stirring occasionally.**

##### **4. Add spinach & seasonings:**

- **Stir in chopped spinach and nutritional yeast.**
- **Cook for another 2-3 minutes, until the spinach is wilted.**

##### **5. Assemble & serve:**

- **Mix in cooked quinoa and stir well.**
- **Adjust seasoning if needed and serve hot!**

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 **Macros (Per Serving):**

- **Calories: 420**
- **Protein: 40g**
- **Carbs: 45g**
- **Fats: 10g**

 **Lentil Stew with Sweet Potatoes & Kale**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 25 min**

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 **Ingredients:**

- **½ cup dry lentils (yields ~1¼ cup cooked)**
  - **½ cup diced sweet potatoes**
  - **1 cup chopped kale**
  - **¼ cup diced onions**
  - **1 clove garlic, minced**
  - **½ cup diced tomatoes (fresh or canned, no salt added)**
  - **2 cups vegetable broth**
  - **½ tsp cumin**
  - **½ tsp smoked paprika**
  - **½ tsp turmeric**
  - **¼ tsp black pepper**
  - **½ tbsp tamari or coconut aminos**
  - **½ tbsp nutritional yeast (for a rich, umami flavor)**
  - **½ tsp lemon juice (optional, for brightness)**
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 **Cooking Instructions:**

- 1. Cook the lentils:**
  - **In a small pot, bring ½ cup dry lentils and 1½ cups water to a boil.**



- Reduce heat and simmer for 15 minutes, or until tender. Drain and set aside.
- 2. Sauté the aromatics:**
- In a large pot, heat ¼ cup vegetable broth (or water) over medium heat.
  - Add onions and garlic, and sauté for 2-3 minutes until fragrant.
- 3. Cook the stew:**
- Add diced sweet potatoes, cooked lentils, diced tomatoes, and remaining vegetable broth.
  - Stir in cumin, smoked paprika, turmeric, black pepper, and tamari.
  - Simmer for 10-12 minutes, until sweet potatoes are tender.
- 4. Add kale & final seasonings:**
- Stir in chopped kale and nutritional yeast.
  - Simmer for another 3 minutes, until kale is wilted.
- 5. Finish & serve:**
- Stir in lemon juice (if using) for extra brightness.
  - Serve hot and enjoy!
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 **Macros (Per Serving):**

- **Calories: 440**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 6g**

 **Chickpea & Seitan Stir-Fry with Cashews**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 15 min**

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 **Ingredients:**

- ½ cup cooked chickpeas (or ¼ cup dry, soaked & cooked)
- ½ cup seitan, sliced into strips
- ½ cup broccoli florets
- ¼ cup bell peppers, sliced

- **¼ cup carrots, julienned**
  - **¼ cup onions, sliced**
  - **1 clove garlic, minced**
  - **½ tsp ginger, grated**
  - **½ tbsp tamari or coconut aminos**
  - **½ tsp smoked paprika**
  - **¼ tsp black pepper**
  - **½ tbsp cashews, chopped (unsalted)**
  - **½ tsp sesame seeds (optional, for garnish)**
  - **¼ cup vegetable broth or water (to sauté without oil)**
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#### **Cooking Instructions:**

##### **1. Prepare the seitan & chickpeas:**

- **Heat a pan over medium heat and add ¼ cup vegetable broth (or water).**
- **Add sliced seitan and chickpeas, stirring occasionally.**
- **Sprinkle with smoked paprika, black pepper, and tamari.**
- **Cook for 5 minutes, until lightly browned.**

##### **2. Cook the vegetables:**

- **Add broccoli, bell peppers, carrots, onions, garlic, and ginger to the pan.**
- **Stir-fry for another 4-5 minutes, until the vegetables are slightly tender but still crisp.**

##### **3. Add the cashews & finish:**

- **Toss in chopped cashews and stir everything together for 1 more minute.**

##### **4. Serve & enjoy:**

- **Garnish with sesame seeds (if using) and serve hot.**
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#### **Macros (Per Serving):**

- **Calories: 460**
- **Protein: 40g**

- **Carbs: 50g**
- **Fats: 10g**

## **DAY 5**

### **Vegan Protein Smoothie Bowl**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 0 min**

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### **Ingredients:**

#### **Smoothie Base:**

- **1 cup unsweetened soy milk**
- **1 scoop (25g) pea protein powder (vanilla or unflavored)**
- **1 tbsp hemp seeds**
- **1 medium banana, frozen**
- **½ cup frozen berries (blueberries, strawberries, or raspberries)**
- **½ tsp cinnamon (optional, for flavor boost)**
- **½ tsp vanilla extract**

#### **Toppings:**

- **½ tbsp almond butter**
  - **½ tbsp chia seeds**
  - **¼ cup granola (oil-free, unsweetened if available)**
  - **¼ cup fresh berries**
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### **Preparation Instructions:**

#### **1. Blend the smoothie base:**

- **In a blender, combine soy milk, pea protein, hemp seeds, frozen banana, frozen berries, cinnamon, and vanilla extract.**
- **Blend until smooth and creamy.**

#### **2. Assemble the bowl:**

- **Pour the smoothie into a bowl.**

#### **3. Add toppings & serve:**

- Top with almond butter, chia seeds, granola, and fresh berries.
  - Enjoy immediately!
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#### Macros (Per Serving):

- **Calories: 450**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 12g**

#### Tempeh & Quinoa Stuffed Peppers

 Servings: 1 meal | Prep Time: 10 min | Cook Time: 25 min

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#### Ingredients:

- ½ cup cooked quinoa (¼ cup dry)
  - ½ block (4 oz) tempeh, crumbled
  - 1 large bell pepper (any color), halved and deseeded
  - ¼ cup black beans (cooked, or canned and rinsed)
  - ¼ cup diced tomatoes (fresh or canned, no salt added)
  - ¼ cup onions, diced
  - 1 clove garlic, minced
  - ½ tbsp nutritional yeast
  - ½ tsp smoked paprika
  - ½ tsp cumin
  - ¼ tsp black pepper
  - ½ tbsp tamari or coconut aminos
  - ¼ cup vegetable broth or water (to sauté without oil)
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#### Cooking Instructions:

1. Preheat the oven:

- Preheat oven to 375°F (190°C).
2. Cook the quinoa:
    - In a small pot, cook ¼ cup dry quinoa with ½ cup water until soft (about 12 minutes). Set aside.
  3. Sauté the filling:
    - In a heated pan, add ¼ cup vegetable broth (or water) and sauté onions and garlic over medium heat for 2-3 minutes, until fragrant.
    - Add crumbled tempeh, black beans, diced tomatoes, tamari, smoked paprika, cumin, and black pepper.
    - Stir and cook for 5 minutes, until the tempeh is lightly browned.
    - Stir in cooked quinoa and nutritional yeast.
  4. Stuff the peppers:
    - Place the halved bell peppers in a baking dish.
    - Fill each half with the quinoa-tempeh mixture, pressing it in firmly.
  5. Bake & serve:
    - Cover with foil and bake for 20 minutes, until the peppers are tender.
    - Remove from oven and let cool slightly before serving.
  6. Enjoy warm!
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 **Macros (Per Serving):**

- **Calories: 450**
- **Protein: 40g**
- **Carbs: 48g**
- **Fats: 10g**

 **Chili with Black Beans, Kidney Beans, & TVP**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 25 min**

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 **Ingredients:**

- ¼ cup TVP (Textured Vegetable Protein), dry

- ½ cup black beans (cooked, or canned and rinsed)
  - ½ cup kidney beans (cooked, or canned and rinsed)
  - ½ cup diced tomatoes (fresh or canned, no salt added)
  - ¼ cup bell peppers, diced
  - ¼ cup onions, diced
  - 1 clove garlic, minced
  - 1 cup vegetable broth
  - ½ tbsp tomato paste
  - ½ tsp smoked paprika
  - ½ tsp cumin
  - ½ tsp chili powder
  - ¼ tsp black pepper
  - ½ tbsp tamari or coconut aminos
  - ½ tbsp nutritional yeast (optional, for extra flavor)
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#### Cooking Instructions:

##### 1. Rehydrate the TVP:

- In a small bowl, soak ¼ cup TVP in ½ cup hot vegetable broth for 5 minutes, until softened.

##### 2. Sauté the aromatics:

- In a heated pot, add ¼ cup vegetable broth (or water) and sauté onions, garlic, and bell peppers over medium heat for 2-3 minutes, until fragrant.

##### 3. Cook the chili:

- Add rehydrated TVP, black beans, kidney beans, diced tomatoes, tomato paste, smoked paprika, cumin, chili powder, black pepper, and tamari.
- Stir well and add remaining ½ cup vegetable broth.
- Simmer for 15 minutes, stirring occasionally, until flavors meld together.

##### 4. Finish & serve:

- Stir in nutritional yeast (if using) for extra umami.
- Serve hot, optionally garnished with chopped green onions or fresh cilantro.

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 **Macros (Per Serving):**

- **Calories: 460**
- **Protein: 40g**
- **Carbs: 52g**
- **Fats: 6g**

**DAY 6**

 **Lupini Beans & Avocado Toast with Sprouts**

 **Servings: 1 meal | Prep Time: 5 min | Cook Time: 5 min**

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 **Ingredients:**

- **½ cup lupini beans (cooked, rinsed, and skins removed if needed)**
  - **1 slice whole-grain or sprouted bread**
  - **¼ avocado, mashed**
  - **¼ cup alfalfa or broccoli sprouts**
  - **½ tbsp hemp seeds**
  - **½ tsp lemon juice**
  - **¼ tsp black pepper**
  - **¼ tsp smoked paprika**
  - **½ clove garlic, minced (optional, for extra flavor)**
  - **½ tbsp tamari or coconut aminos (optional, for seasoning lupini beans)**
- 

 **Cooking Instructions:**

- 1. Prepare the lupini beans:**
  - **If using pre-cooked lupini beans, rinse thoroughly and remove skins if necessary.**
  - **Toss with tamari (if using), black pepper, and smoked paprika.**
- 2. Toast the bread:**
  - **Toast one slice of whole-grain bread until golden brown.**

### 3. Mash the avocado:

- In a small bowl, mash  $\frac{1}{4}$  avocado with lemon juice and garlic (if using).

### 4. Assemble the toast:

- Spread the mashed avocado over the toasted bread.
- Top with seasoned lupini beans, sprouts, and hemp seeds.

### 5. Serve & enjoy!

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#### Macros (Per Serving):

- **Calories: 450**
- **Protein: 40g**
- **Carbs: 45g**
- **Fats: 14g**

#### Lentil & Tofu Curry with Coconut Milk

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 20 min**

---

#### Ingredients:

- $\frac{1}{2}$  cup dry lentils (yields  $\sim 1\frac{1}{4}$  cup cooked)
- $\frac{1}{2}$  block (4 oz) firm tofu, cubed
- $\frac{1}{2}$  cup light coconut milk
- $\frac{1}{2}$  cup diced tomatoes (fresh or canned, no salt added)
- $\frac{1}{2}$  cup diced bell peppers
- $\frac{1}{4}$  cup onions, diced
- 1 clove garlic, minced
- $\frac{1}{2}$  tsp turmeric
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp smoked paprika



- **½ tbsp tamari or coconut aminos**
  - **½ tbsp nutritional yeast (optional, for extra depth of flavor)**
  - **¼ cup vegetable broth or water (to sauté without oil)**
  - **½ tsp lemon juice (optional, for a fresh finish)**
- 

### **Cooking Instructions:**

#### **1. Cook the lentils:**

- **In a small pot, bring ½ cup dry lentils and 1½ cups water to a boil.**
- **Reduce heat and simmer for 15 minutes, or until tender. Drain and set aside.**

#### **2. Sauté the aromatics:**

- **In a heated pan, add ¼ cup vegetable broth (or water) over medium heat.**
- **Sauté onions, garlic, and bell peppers for 2-3 minutes, until softened.**

#### **3. Cook the tofu:**

- **Add cubed tofu to the pan and sprinkle with turmeric, cumin, black pepper, smoked paprika, and tamari.**
- **Stir and cook for 5 minutes, until tofu is lightly browned.**

#### **4. Combine & simmer:**

- **Add cooked lentils, diced tomatoes, and coconut milk to the pan.**
- **Stir in nutritional yeast (if using) and let simmer for 5 more minutes to blend flavors.**

#### **5. Finish & serve:**

- **Stir in lemon juice (if using) for added brightness.**
  - **Serve hot and enjoy!**
- 

### **Macros (Per Serving):**

- **Calories: 440**
- **Protein: 40g**
- **Carbs: 46g**
- **Fats: 12g**

## Seitan Tacos with Guacamole & Cabbage Slaw

 Servings: 1 meal | Prep Time: 10 min | Cook Time: 10 min

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### Ingredients:

#### For the Tacos:

- ½ cup seitan, sliced into strips
- 2 small corn or whole-wheat tortillas
- ¼ cup black beans (cooked, or canned and rinsed)
- ¼ cup bell peppers, sliced
- ¼ cup onions, sliced
- 1 clove garlic, minced
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp black pepper
- ½ tbsp tamari or coconut aminos
- ¼ cup vegetable broth or water (to sauté without oil)

#### For the Cabbage Slaw:

- ½ cup shredded cabbage (purple or green)
- ½ tbsp apple cider vinegar
- ½ tsp lime juice
- ¼ tsp garlic powder
- ¼ tsp black pepper

#### For the Guacamole:

- ¼ avocado, mashed
- ½ tbsp lime juice
- ½ tbsp chopped cilantro
- ¼ tsp garlic powder
- ¼ tsp black pepper

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 **Cooking Instructions:**

**1. Prepare the guacamole:**

- In a small bowl, mash  $\frac{1}{4}$  avocado and mix with lime juice, cilantro, garlic powder, and black pepper.
- Set aside.

**2. Make the cabbage slaw:**

- In another bowl, toss shredded cabbage with apple cider vinegar, lime juice, garlic powder, and black pepper.
- Let sit while you prepare the tacos.

**3. Cook the seitan & veggies:**

- In a heated pan, add  $\frac{1}{4}$  cup vegetable broth (or water) and sauté onions, garlic, and bell peppers over medium heat for 2 minutes.
- Add seitan strips, black beans, smoked paprika, cumin, black pepper, and tamari.
- Stir-fry for 4-5 minutes, until everything is lightly browned and well combined.

**4. Warm the tortillas:**


- Heat tortillas on a dry pan for 30 seconds per side, until warm and pliable.

**5. Assemble the tacos:**

- Fill each tortilla with seitan-black bean mixture.
- Top with cabbage slaw and a spoonful of guacamole.

**6. Serve & enjoy!**

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 **Macros (Per Serving):**

- **Calories: 460**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 10g**

**DAY 7**

 **Protein Pancakes with Almond Butter & Berries**

🍴 Servings: 1 meal | Prep Time: 5 min | Cook Time: 10 min

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 **Ingredients:**

**For the Pancakes:**

- ½ block (4 oz) firm tofu, blended
- ½ cup rolled oats (blended into oat flour)
- 1 scoop (25g) plant-based protein powder (vanilla or unflavored)
- 1 tbsp ground flaxseeds
- ½ cup unsweetened soy milk
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp baking powder

**For the Toppings:**

- ½ tbsp almond butter
  - ½ cup mixed berries (blueberries, raspberries, or strawberries)
  - ½ tbsp hemp seeds (optional, for extra protein & crunch)
- 

 **Cooking Instructions:**

**1. Prepare the batter:**

- In a blender or bowl, mix blended tofu, oat flour, protein powder, flaxseeds, soy milk, vanilla extract, cinnamon, and baking powder until smooth.

**2. Cook the pancakes:**

- Heat a non-stick pan over medium heat.
- Pour ¼ cup batter per pancake onto the pan.
- Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 1-2 minutes until golden brown.
- Repeat for the remaining batter.

**3. Assemble & serve:**

- Stack the pancakes and top with almond butter, mixed berries, and hemp seeds.

#### 4. Enjoy warm!

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#### Macros (Per Serving):

- **Calories: 450**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 10g**

#### **BBQ Tempeh & Quinoa Bowl with Roasted Veggies**

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 20 min**

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#### **Ingredients:**

##### **For the BBQ Tempeh:**

- **½ block (4 oz) tempeh, cut into cubes**
- **1 tbsp oil-free BBQ sauce (unsweetened, if possible)**
- **½ tsp tamari or coconut aminos**
- **½ tsp smoked paprika**
- **¼ tsp black pepper**
- **¼ tsp garlic powder**
- **¼ cup vegetable broth or water (to sauté without oil)**

##### **For the Quinoa Bowl:**

- **½ cup cooked quinoa (¼ cup dry)**
- **½ cup broccoli florets**
- **¼ cup bell peppers, sliced**
- **¼ cup zucchini, sliced**
- **¼ cup onions, diced**
- **½ tbsp nutritional yeast (optional, for extra flavor)**
- **½ tsp cumin**
- **½ tsp garlic powder**

- ¼ tsp black pepper
  - ½ tbsp lemon juice (optional, for freshness)
- 

### Cooking Instructions:

#### 1. Cook the quinoa:

- In a small pot, cook ¼ cup dry quinoa with ½ cup water until soft (about 12 minutes). Set aside.

#### 2. Marinate & cook the tempeh:

- In a small bowl, mix BBQ sauce, tamari, smoked paprika, black pepper, and garlic powder.
- Toss tempeh cubes in the marinade and let sit for 5 minutes.
- Heat a pan over medium heat, add ¼ cup vegetable broth, and sauté the tempeh for 5-6 minutes, stirring occasionally, until lightly browned.

#### 3. Roast the vegetables:

- Preheat oven to 375°F (190°C).
- Spread broccoli, bell peppers, zucchini, and onions on a baking sheet.
- Sprinkle with garlic powder, cumin, and black pepper.
- Roast for 15 minutes, until tender and slightly charred.

#### 4. Assemble the bowl:

- In a serving bowl, layer cooked quinoa, roasted veggies, and BBQ tempeh.
- Sprinkle with nutritional yeast and a squeeze of lemon juice (if using).

#### 5. Serve & enjoy!

---

### Macros (Per Serving):

- **Calories: 460**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 10g**

 Soy-Glazed Tofu with Bok Choy & Rice Noodles

 **Servings: 1 meal | Prep Time: 10 min | Cook Time: 15 min**

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 **Ingredients:**

**For the Tofu:**

- **½ block (4 oz) firm tofu, cubed**
- **1 tbsp tamari or coconut aminos**
- **½ tbsp maple syrup or date syrup**
- **½ tsp garlic powder**
- **½ tsp ginger, grated**
- **¼ tsp black pepper**
- **¼ cup vegetable broth or water (to sauté without oil)**


**For the Noodles & Veggies:**

- **½ cup cooked rice noodles (¼ cup dry noodles, softened per package instructions)**
  - **1 cup bok choy, chopped**
  - **¼ cup carrots, julienned**
  - **¼ cup bell peppers, sliced**
  - **½ tbsp sesame seeds (optional, for garnish)**
  - **¼ tsp red pepper flakes (optional, for heat)**
  - **½ tbsp lemon or lime juice (optional, for freshness)**
- 

 **Cooking Instructions:**

- 1. Prepare the tofu marinade:**
  - **In a small bowl, mix tamari, maple syrup, garlic powder, ginger, and black pepper.**
  - **Toss cubed tofu in the marinade and let sit for 5 minutes.**
- 2. Cook the tofu:**
  - **Heat a pan over medium heat, add ¼ cup vegetable broth, and sauté the tofu for 5-6 minutes, stirring occasionally, until lightly browned.**
- 3. Cook the noodles:**

- Prepare rice noodles according to package instructions, then drain and set aside.
4. Sauté the vegetables:
- In the same pan, add bok choy, carrots, and bell peppers.
  - Stir-fry for 3-4 minutes, until tender but crisp.
5. Assemble the dish:
- In a bowl, layer cooked rice noodles, stir-fried veggies, and soy-glazed tofu.
  - Garnish with sesame seeds and red pepper flakes (if using).
  - Squeeze lemon or lime juice over the top for added freshness.
6. Serve & enjoy!
- 

 **Macros (Per Serving):**

- **Calories: 460**
- **Protein: 40g**
- **Carbs: 50g**
- **Fats: 10g**