



**Free**   
**Vegan**

**High Protein Recipes & Meal Plan**

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# Sample Meal Plan

		Calories	Protein	Carbs	Fat
<b>Breakfast</b>	Mango Coconut Smoothie	330	25g	26g	14g
<b>Lunch</b>	Edamame Noodle Stir Fry	657	33g	78g	22g
<b>Dinner</b>	Greek Baked Beans & Garlic Tofu	614	30g	86g	18g
<b>Snack</b>	Chocolate Chip Mug Cake	255	26g	7g	10g
Totals		1856	114g	154g	64g



## Ingredients

- 1 cup light coconut milk
- 1tsp Ceylon cinnamon
- 1/2 tsp vanilla extract
- 1 scoop vanilla protein powder
- 150g mango
- 4 ice cubes
- Extra water to thin if necessary

## Nutritional Values:

Calories: 330

Protein: 25g

Carbs: 26g

Fat: 14g

## Directions

- Add all ingredients except for the extra water to a blender and puree until smooth.
- If it's too thick, add extra water
- Enjoy!



# Edamame Noodle Stir Fry

SERVES 2



## Ingredients

- 200g frozen, shelled edamame
- 2 cups broccoli cut into small florets
- 1/4 cup red onion chopped small
- 3 cloves garlic minced
- 150g mushrooms sliced
- 1/4 teaspoon crushed red pepper (optional)
- 2 teaspoons ginger fresh, grated
- 1/4 cup vegetable broth
- 1 small carrot, shredded
- 30g cashews
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce (low-sodium)
- 1 tsp coconut sugar
- 1 tablespoon sesame seeds
- 2 wholewheat noodle nests (150g)

## Nutritional Values:

(per serving).

Calories: 657

Protein: 33g

Carbs: 78g

Fat: 22g



# Edamame Noodle Stir Fry

SERVES 2



## Ingredients

- Cook the noodles according to the package instructions
- In a large skillet on high heat, add the broccoli, seitan, edamame, onion, garlic, mushrooms, red pepper, ginger, and water.
- Cook, stirring often until broccoli is soft and onions are translucent.
- Add broth and more as needed to prevent the vegetables from sticking.
- Stir in the carrot, cashews, vinegar, soy sauce, and coconut sugar.
- Stir well and simmer for about 2 minutes
- Drain the noodles and split them between 2 bowls
- Top with the stir fry and sprinkle with sesame seeds.



# Greek Baked Beans

SERVES 2



## Ingredients

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 stick celery, finely diced
- 1 carrot, finely chopped
- 1 clove garlic, crushed
- 1 tsp. sweet paprika
- 1 tsp. dried oregano
- ½ tsp. chili powder
- ½ tsp. ground cinnamon
- 14 oz. (400g) can chopped tomatoes
- 1 tsp. coconut sugar
- 14 oz. (400g) can butter beans, drained
- 2 tbsp. tomato ketchup
- salt & pepper
- 1 handful flat-leaf parsley, finely chopped
- 1 handful mint leaves, finely chopped

## Nutritional Values:

Calories: 352

Protein: 15g

Carbs: 54g

Fat: 9g



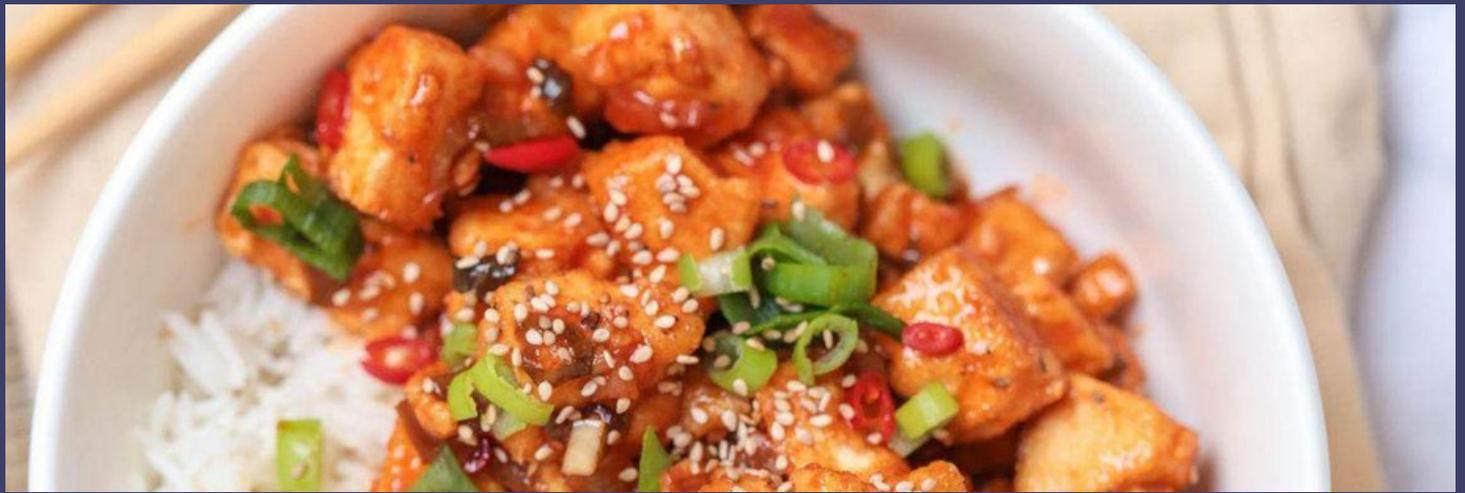
# Greek Baked Beans

SERVES 2



## Directions

- Heat the oil in a large pot over a medium-high heat and cook the onion, celery, and carrot for 2-3 minutes until they begin to soften. Add the garlic, paprika, oregano, chilli powder, and cinnamon and cook for a further minute.
- Next, add the tomatoes, sugar, butter beans and ketchup, stir to combine and reduce the heat to medium.
- Season with salt and pepper to taste and simmer for 10 minutes, stirring frequently.
- While the beans are simmering, make the garlic tofu
- Remove the pan from the heat, then stir in the fresh herbs and serve with toast or crusty bread



## Ingredients

- 200g extra-firm tofu, torn
- 2 tbsp. potato starch
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tbsp. olive oil
- 2 tbsp. maple syrup
- 1 tbsp. gochujang chilli paste (or hot chilli sauce)
- 1 tbsp. tamari
- 1 tbsp. rice wine vinegar
- 1 tsp. sesame oil
- 3-5 garlic cloves
- 1 medium shallot
- 1-2 red hot chilis
- 2 green onions, sliced

## Nutritional Values:

(per serving)

Calories: 262

Protein: 14g

Carbs: 32g

Fat: 9g



# Garlic Tofu

SERVES 2



## Directions

- Preheat the oven to 360°F (180°C). Line a baking sheet with baking paper.
- Place the tofu into a large bowl, add the potato starch, season with salt and pepper and mix well until coated. Transfer the tofu to the baking sheet, drizzle with a little olive oil and bake in the oven for 20-30 minutes until crispy.
- In a small bowl, mix maple syrup, chili paste, tamari and rice wine vinegar.
- Heat the sesame oil in a large pot over medium-high heat and sauté the garlic, shallot, chilis, and green onions for 2-3 minutes.
- Reduce the heat and add the chili sauce. Cook for a further 3-5 minutes until the sauce has thickened.
- Add the crispy tofu to the pot and stir until well combined



# Chocolate Cip Mug Cake

SERVES 1



## Ingredients

- 1 scoop chocolate protein powder
- 1 tbsp coconut flour
- 1/2 tsp baking powder
- 1tbsp raw cacao powder
- 1 tbsp ground flaxseed + 3 tbsp water
- 100ml plant milk of choice
- 10g dark chocolate chips

## Nutritional Values:

Calories: 255  
Protein: 26g  
Carbs: 7g  
Fat: 10g

## Directions

- Grease a small bowl or deep mug and set it aside
- In a small bowl, whisk the flaxseeds + water and set them aside to thicken for a few minutes
- In a separate mixing bowl, combine the protein powder, coconut flour, baking powder, cacao powder + chocolate chips and mix well
- Pour the flax egg & milk over the dry mix and stir to combine well
- Pour it in the mug, microwave for 60 seconds and remove it from the microwave
- Serve and enjoy!