

# ONE WEEK HIGH PROTEIN VEGAN MEAL PLAN

If you've had trouble finding healthy vegan recipes in the past, you've come to the right place. I'm definitely no vegan, but I can appreciate the value of incorporating more plant-based foods into our diet. But I hear from a lot of my vegan friends and followers that they have a hard time finding delicious vegan recipes that are also high in protein. So, we've gathered a collection of recipes from Abbey's Kitchen as well as other great food bloggers and have organized your life for the next week. We want to show you guys that there is no need to go out your way to find great healthy vegan recipes, and that there are a variety of nutrient dense recipes that can give you the energy you need to get through the day.

## Day 1

### Breakfast

Chocolate Peanut Butter Banana Shake

Author: Minimalist Baker

<https://minimalistbaker.com/chocolate-peanut-butter-banana-shake/>

Nutrition Breakdown

Calories: 382

CHO: 43g

Fat: 15g

Protein: 15g



### AM Snack

Apple Pie Protein Bites

Author: Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/apple-pie-vegan-protein-granola-cups/>

Nutrition Breakdown

Calories: 285

CHO: 32g

Fat: 16g

Protein: 24g



## Lunch

Vegan Sandwich (Pic approved)

Author: Vegan Huggs

<http://veganhuggs.com/vegan-breakfast-sandwich/>

Nutrition Breakdown

Calories: 350

CHO: 33g

Fat: 19g

Protein: 16g



## PM Snack

Tropical Chia Pudding

Author: Beautiful Ingredient

<https://www.beautifulingredient.com/blog/tropical-chia-pudding>

Nutrition Breakdown

Calories: 380

CHO: 55g

Fat: 19g

Protein: 13g



## Dinner

Vegan Chow Mein with Gluten Free Zucchini Noodles & Marinated Tofu

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/vegan-chow-mein-zucchini-noodles-tofu/>

Nutrition Breakdown

Calories: 300

CHO: 20g

Fat: 8g

Protein: 20g



## Daily Nutrition Breakdown

Daily Calories: 1,697

Daily CHO: 183g

Daily Fat: 77g

Daily Protein: 88g

## Day 2

### Breakfast

Scrambled Tofu Breakfast Burrito

Author: Minimalist Baker

<https://minimalistbaker.com/scrambled-tofu-breakfast-burrito-30-minutes/>

Nutrition Breakdown

Calories: 440

CHO: 53g

Fat: 19g

Protein: 17g



### AM Snack

Mermaid Smoothie Bowl

Author: The Glowing Fridge

<http://www.theglowingfridge.com/mermaid-smoothie-bowl/>

Nutrition Breakdown:

Calories: 470

CHO: 50g

Fat: 14g

Protein: 19g



### Lunch

BBQ Chickpea Salad

Author: It Doesn't Taste Like Chicken

<http://itdoesnttastelikechicken.com/2015/07/22/bbq-chickpea-salad/>

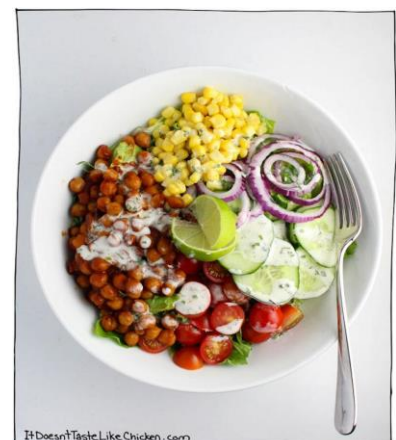
Nutrition Breakdown:

Calories: 489

CHO: 90g

Fat: 6g

Protein: 21g



## PM Snack

Banana Peanut Butter Protein Pudding

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/protein-pudding-banana-peanut-butter/>

Nutrition Breakdown:

Calories: 220

CHO: 19g

Fat: 9g

Protein: 15g



## Dinner

Cauliflower Rice Burrito Bowl

Author: Minimalist Baker

<https://minimalistbaker.com/cauliflower-rice-burrito-bowl/>

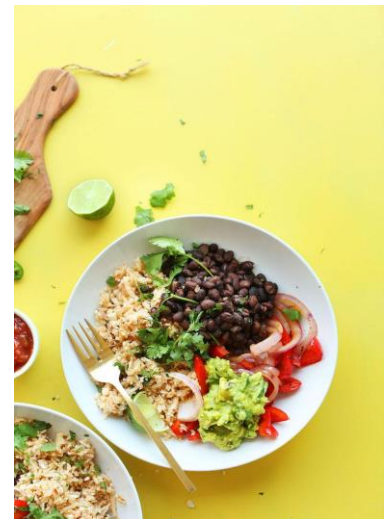
Nutrition Breakdown

Calories: 269

CHO: 44g

Fat: 15g

Protein: 15g



## Total Nutrition Breakdown

**Calories: 1,888**

**CHO: 256g**

**Fat: 63g**

**Protein: 87g**

## Day 3

### Breakfast

Shake & Go Peanut Butter Banana Overnight Oats

Author: Two Green Peas

<http://www.twogreenpeas.com/2015/08/peanut-butter-overnight-oats/>

Nutrition Breakdown

Calories: 320

CHO: 43g

Fat: 14g

Protein: 13g



### AM Snack

Peanut Butter and Jelly Chia Pudding

Author: Abbeys Kitchen

<http://www.abbeyskitchen.com/peanut-butter-jelly-chia-pudding-healthy-vegan-gluten-free/>

Nutrition Breakdown:

Calories: 450

CHO: 52g

Fat: 20g

Protein: 25g



### Lunch

Chickpea, Tofu and Eggplant Curry

Author: The Endless Meal

<http://www.theendlessmeal.com/chickpea-tofu-eggplant-curry/>

Nutrition Breakdown

Calories: 370

CHO: 35g

Fat: 22g

Protein: 15g





## PM Snack

Peanut Hummus Dip

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/thai-peanut-hummus-dip-gluten-free-vegan-healthy/>

Nutrition Breakdown:

Calories: 204

CHO: 6g

Fat: 8g

Protein: 6g



## Dinner

Trumpet Mushrooms with Herbed Lentils

Author: The Mostly Vegan

<http://www.themostlyvegan.com/trumpet-mushrooms-with-herbed-lentils/>

Nutrition Breakdown:

Calories: 368

CHO: 67g

Fat: 1g

Protein: 28g



## Daily Nutrition Breakdown

**Daily Calories: 1,712**

**Daily CHO: 203g**

**Daily Fat: 65g**

**Daily Protein: 87g**

## Day 4

### Breakfast

Chickpea Flour Scramble

Author: Vegan Richa

<http://www.veganricha.com/2016/04/chickpea-flour-scramble.html>

Nutrition Breakdown

Calories: 250

CHO: 40g

Fat: 10g

Protein: 14g

CHICKPEA FLOUR  
SCRAMBLE



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### AM Snack

The Husband Protein Smoothie

Author: Happy Healthy Mama

<http://happyhealthymama.com/the-husband-protein-smoothie.html>

Nutrition Breakdown

Calories: 500

CHO: 68g

Fat: 25g

Protein: 21g



### Lunch

Easy Vegan Buddha Bowl Recipe

Author: Beautiful Ingredient

<https://www.beautifulingredient.com/plant-based/easy-vegan-buddha-bowl/>

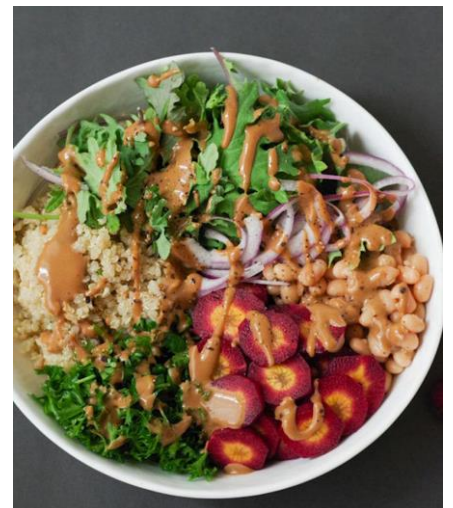
Nutrition Breakdown

Calories: 280

CHO: 50g

Fat: 6g

Protein: 12g



## PM Snack

Vegan Gluten Free Blueberry Quinoa Muffins

Author: Rise Shine Cook

<http://riseshinecook.ca/blog/cake-is-for-birthdays-vegan-gluten-free-blueberry-quinoa-muffins>

Nutrition Breakdown

Calories: 220

CHO: 37g

Fat: 6g

Protein: 10g



## Dinner

Vegan Sloppy Joes with Roasted Portobello Mushrooms

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/vegan-sloppy-joes/>

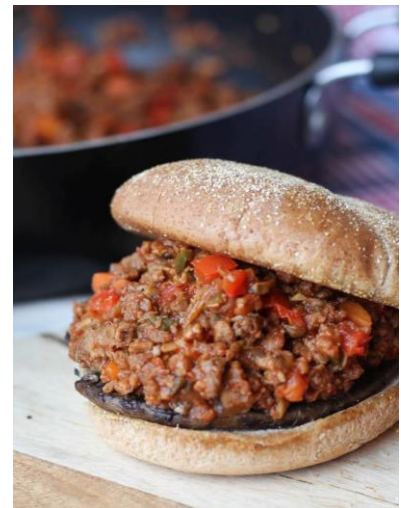
Nutrition Breakdown

Calories: 325

CHO: 50g

Fat: 6g

Protein: 22g



## Total Nutrition Breakdown

**Calories: 1,575**

**CHO: 245g**

**Fat: 53g**

**Protein: 79g**



## Day 5

### Breakfast

Tofu in Purgatory

Author: A Virtual Vegan

<https://avirtualvegan.com/tofu-in-purgatory/>

Nutrition Breakdown

Calories: 284

CHO: 26g

Fat: 9g

Protein: 20g



### AM Snack

No Bake Easy Vegan Protein Bars

Author: Minimalist Baker

<https://minimalistbaker.com/no-bake-vegan-protein-bars-4-ingredients/>

Nutrition Breakdown (2 bars)

Calories: 315

CHO: 24g

Fat: 30g

Protein: 20g



### Lunch

High Protein Avocado Toast

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/high-protein-avocado-toast-with-white-beans/>

Nutrition Breakdown

Calories: 320

CHO: 40g

Fat: 12g

Protein: 12g



## PM Snack

Chocolate Quinoa Breakfast Bowl with Coconut and Blueberries

Author: Savory Tooth

<http://www.savorytooth.com/chocolate-quinoa-breakfast-bowl/>

Nutrition Breakdown

Calories: 360

CHO: 44g

Fat: 18g

Protein: 10g



## Dinner

Cauliflower Fried Rice

Author: Beautiful Ingredient

<https://www.beautifulingredient.com/plant-based/cauliflower-fried-rice>

Nutrition Breakdown

Calories: 350

CHO: 57g

Fat: 7g

Protein: 21g



## Daily Nutrition Breakdown

Daily Calories: 1,629

Daily CHO: 191g

Daily Fat: 76g

Daily Protein: 83g

## Day 6

### Breakfast

Chickpea Mini Frittatas

Author: The Mostly Vegan

<http://www.themostlyvegan.com/chickpea-flour-mini-veggie-frittatas/>

Nutrition Breakdown

Calories: 350

CHO: 35g

Fat: 12g

Protein: 20g



### AM Snack

Chocolate Cherry Cobbler Overnight Oats

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/chocolate-cherry-cobbler-overnight-oats/>

Nutrition Breakdown

Calories: 390

CHO: 52g

Fat: 10g

Protein: 15g



### Lunch

Cold Peanut Noodle Salad

Author: Savory Tooth

<http://www.savorytooth.com/cold-peanut-noodle-salad/>

Nutrition Breakdown

Calories: 450

CHO: 41g

Fat: 28g

Protein: 16g



## PM Snack

Hemp and Cauliflower Porridge

Author: Including Cake

<https://www.includingcake.com/blog/2015/3/7/hemp-porridge-gluten-free-high-protein-and-keto>

Nutrition Breakdown

Calories: 351

CHO: 17g

Fat: 20g

Protein: 20g



## Dinner

Vegan Poke Bowls with Crispy Tofu

Author: Abbey's Kitchen

<http://www.abbeyskitchen.com/vegan-poke-bowls/>

Nutrition Breakdown

Calories: 413

CHO: 51g

Fat: 11g

Protein: 20g



## Daily Nutrition Breakdown

Daily Calories: 1,954

Daily CHO: 196g

Daily Fat: 81g

Daily Protein: 91g



## Day 7

### Breakfast

Hippie Breakfast Bowl

Author: Fried Dandelions

<http://www.frieddandelions.com/hippie-breakfast-bowl/>

Nutrition Breakdown

Calories: 340

CHO: 27g

Fat: 10g

Protein: 15g



### AM Snack

Seedy Hummus Toast

Author: Minimalist Baker

<https://minimalistbaker.com/15-vegan-protein-sources-easy-hummus-toast/>

Nutrition Breakdown (2 slices)

Calories: 316

CHO: 24g

Fat: 16g

Protein: 20g



### Lunch

Quinoa Gado-Gado Bowl

Author: Minimalist Baker

<http://minimalistbaker.com/quinoa-gado-gado-bowl-30-minutes/>

Nutrition Breakdown

Calories: 527

CHO: 67g

Fat: 23g

Protein: 20g





## PM Snack

Peanut Butter & Chocolate Protein Bars

Author: It Doesn't Taste Like Chicken

<http://itdoesnttastelikechicken.com/2016/03/03/peanut-butter-chocolate-protein-bars/>

Nutrition Breakdown

Calories: 195

CHO: 13g

Fat: 14g

Protein: 10g



## Dinner

Crispy Peanut Tofu and Cauliflower Rice Stir Fry

Author: Minimalist Baker

<https://minimalistbaker.com/crispy-peanut-tofu-cauliflower-rice-stir-fry/>

Nutrition Breakdown

Calories: 524

CHO: 39g

Fat: 20g

Protein: 25g



## Daily Nutrition Breakdown

**Daily Calories: 1,902**

**Daily CHO: 170g**

**Daily Fat: 83g**

**Daily Protein: 90g**