

Sample-Week High Protein Vegan Meal Plan

Week 1: Getting Started with Plant-Based Protein

Day	Breakfast (Protein)	Lunch (Protein)	Dinner (Protein)	Snacks (Protein)	Total Protein
Monday	Tofu Scramble with Veggies (20g)	Lentil and Quinoa Power Bowl (23g)	Seitan Curry with Vegetables (25g)	Almond butter with apple (8g)	76g
Tuesday	Protein Overnight Oats (22g)	Chickpea Salad with Tahini (20g)	Vegan Bolognese with Red Lentils (24g)	Hummus with carrots (6g)	72g
Wednesday	Chickpea Flour Omelet (18g)	Tempeh Stir Fry with Veggies (21g)	High-Protein Vegan Chili (28g)	Roasted chickpeas (7g)	74g
Thursday	Quinoa Breakfast Bowl (19g)	Vegan Burrito Bowl (24g)	Chickpea and Sweet Potato Stew (22g)	Trail mix with nuts (9g)	74g
Friday	High-Protein Smoothie Bowl (25g)	Edamame Noodle Salad (19g)	Vegan Shepherd's Pie (26g)	Peanut butter toast (10g)	80g
Saturday	Tofu Scramble with Veggies (20g)	Leftover Shepherd's Pie (26g)	Seitan Curry with Vegetables (25g)	Edamame (11g)	82g
Sunday	Protein Overnight Oats (22g)	Leftover Vegan Chili (28g)	Tempeh Stir Fry with Veggies (21g)	Protein smoothie (15g)	86g

Prep Steps:

- Cook quinoa and rice in bulk on Sunday
- Prep overnight oats for three mornings
- Chop vegetables and store in containers

- Make chili and curry for multiple servings

Week 2: Building Variety and Flavor

Day	Breakfast (Protein)	Lunch (Protein)	Dinner (Protein)	Snacks (Protein)	Total Protein
Monday	Chickpea Flour Omelet (18g)	Lentil and Quinoa Power Bowl (23g)	Vegan Bolognese with Pasta (24g)	Chia pudding (8g)	73g
Tuesday	Quinoa Breakfast Bowl (19g)	Chickpea Salad with Tahini (20g)	Chickpea and Sweet Potato Stew (22g)	Apple with almond butter (8g)	69g
Wednesday	High-Protein Smoothie Bowl (25g)	Edamame Noodle Salad (19g)	High-Protein Vegan Chili (28g)	Mixed nuts (7g)	79g
Thursday	Tofu Scramble with Veggies (20g)	Vegan Burrito Bowl (24g)	Seitan Curry with Vegetables (25g)	Protein bar (12g)	81g
Friday	Protein Overnight Oats (22g)	Tempeh Stir Fry with Veggies (21g)	Vegan Shepherd's Pie (26g)	Hummus with crackers (6g)	75g
Saturday	Chickpea Flour Omelet (18g)	Leftover Chili (28g)	Tempeh Stir Fry with Veggies (21g)	Roasted chickpeas (7g)	74g
Sunday	Quinoa Breakfast Bowl (19g)	Lentil and Quinoa Power Bowl (23g)	Leftover Shepherd's Pie (26g)	Trail mix (9g)	77g

Prep Steps:

- Batch cook lentils and beans on the weekend
- Pre-portion smoothie ingredients in freezer bags
- Roast chickpeas for easy snacking
- Marinate tofu and tempeh ahead of time

Week 3: Mastering Meal Prep Efficiency

Day	Breakfast (Protein)	Lunch (Protein)	Dinner (Protein)	Snacks (Protein)	Total Protein
Monday	High-Protein Smoothie Bowl (25g)	Chickpea Salad with Tahini (20g)	Seitan Curry with Vegetables (25g)	Peanut butter toast (10g)	80g
Tuesday	Tofu Scramble with Veggies (20g)	Edamame Noodle Salad (19g)	Vegan Bolognese with Pasta (24g)	Edamame (11g)	74g
Wednesday	Protein Overnight Oats (22g)	Vegan Burrito Bowl (24g)	Chickpea and Sweet Potato Stew (22g)	Protein smoothie (15g)	83g
Thursday	Chickpea Flour Omelet (18g)	Lentil and Quinoa Power Bowl (23g)	High-Protein Vegan Chili (28g)	Apple with almond butter (8g)	77g
Friday	Quinoa Breakfast Bowl (19g)	Tempeh Stir Fry with Veggies (21g)	Vegan Shepherd's Pie (26g)	Chia pudding (8g)	74g
Saturday	High-Protein Smoothie Bowl (25g)	Leftover Burrito Bowl (24g)	Seitan Curry with Vegetables (25g)	Mixed nuts (7g)	81g
Sunday	Tofu Scramble with Veggies (20g)	Leftover Shepherd's Pie (26g)	Tempeh Stir Fry with Veggies (21g)	Hummus with veggies (6g)	73g

Prep Steps:

- Make three breakfast types on Sunday morning
- Prepare salad components without dressing
- Cook grains and proteins for the entire week
- Portion snacks into grab-and-go containers

Week 4: Mixing Favorites with New Combinations

Day	Breakfast (Protein)	Lunch (Protein)	Dinner (Protein)	Snacks (Protein)	Total Protein
Monday	Protein Overnight Oats (22g)	Chickpea Salad with Tahini (20g)	High-Protein Vegan Chili (28g)	Trail mix (9g)	79g
Tuesday	Chickpea Flour Omelet (18g)	Edamame Noodle Salad (19g)	Seitan Curry with Vegetables (25g)	Protein bar (12g)	74g
Wednesday	Quinoa Breakfast Bowl (19g)	Lentil and Quinoa Power Bowl (23g)	Vegan Bolognese with Pasta (24g)	Roasted chickpeas (7g)	73g
Thursday	High-Protein Smoothie Bowl (25g)	Vegan Burrito Bowl (24g)	Chickpea and Sweet Potato Stew (22g)	Almond butter with apple (8g)	79g
Friday	Tofu Scramble with Veggies (20g)	Tempeh Stir Fry with Veggies (21g)	Vegan Shepherd's Pie (26g)	Hummus with crackers (6g)	73g
Saturday	Protein Overnight Oats (22g)	Leftover Chili (28g)	Seitan Curry with Vegetables (25g)	Edamame (11g)	86g
Sunday	Chickpea Flour Omelet (18g)	Leftover Stew (22g)	Tempeh Stir Fry with Veggies (21g)	Protein smoothie (15g)	76g

Prep Steps:

- Double-batch your favorite dinner recipes
- Prep breakfast options for grab-and-go mornings
- Wash and chop vegetables for the week
- Store cooked proteins in meal-sized portions