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: Abbey’s Kitchen

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

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

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  

Nutrition Breakdown  
Calories: 320  
CHO: 43g  
Fat: 14g  
Protein: 13g

**AM Snack**

Peanut Butter and Jelly Chia Pudding  
Author: Abbeys Kitchen  

Nutrition Breakdown:  
Calories: 450  
CHO: 52g  
Fat: 20g  
Protein: 25g

**Lunch**

Chickpea, Tofu and Eggplant Curry  
Author: The Endless Meal  

Nutrition Breakdown  
Calories: 370  
CHO: 35g  
Fat: 22g  
Protein: 15g
PM Snack

Peanut Hummus Dip
Author: Abbey’s Kitchen

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

Nutrition Breakdown
Calories: 250
CHO: 40g
Fat: 10g
Protein: 14g

AM Snack

The Husband Protein Smoothie
Author: Happy Healthy Mama

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

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  

Nutrition Breakdown  
Calories: 350  
CHO: 35g  
Fat: 12g  
Protein: 20g

**AM Snack**

Chocolate Cherry Cobbler Overnight Oats  
Author: Abbey’s Kitchen  

Nutrition Breakdown  
Calories: 390  
CHO: 52g  
Fat: 10g  
Protein: 15g

**Lunch**

Cold Peanut Noodle Salad  
Author: Savory Tooth  

Nutrition Breakdown  
Calories: 450  
CHO: 41g  
Fat: 28g  
Protein: 16g
PM Snack

Hemp and Cauliflower Porridge
Author: Including Cake

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  

Nutrition Breakdown  
Calories: 340  
CHO: 27g  
Fat: 10g  
Protein: 15g

**AM Snack**
Seedy Hummus Toast  
Author: Minimalist Baker  

Nutrition Breakdown (2 slices)  
Calories: 316  
CHO: 24g  
Fat: 16g  
Protein: 20g

**Lunch**
Quinoa Gado-Gado Bowl  
Author: Minimalist Baker  

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

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