



# **7 DAY HIGH PROTEIN VEGAN MEAL PLAN**

# MONDAY

## BREAKFAST

Chickpea & mixed  
veggie omelette

## LUNCH

Quinoa & black bean  
salad

## DINNER

Red lentil & veggie  
stir fry with tofu

# TUESDAY

## BREAKFAST

Overnight protein  
oats with berries

## LUNCH

Chickpea & spinach  
wrap

## DINNER

Stuffed bell peppers  
with lentils and brown  
rice

# WEDNESDAY

## BREAKFAST

Tofu Scramble With  
Spinach & Mushrooms

## LUNCH

Sweet Potato & Black  
Bean Bowl

## DINNER

Spicy Thai peanut  
tempeh with stir-  
fried veggies

# THURSDAY

## BREAKFAST

Vegan protein  
pancakes

## LUNCH

Tempeh Buddha bowl

## DINNER

Spicy lentil curry with  
brown rice

# FRIDAY

## BREAKFAST

Smoothie bowl with  
hemp seeds

## LUNCH

Vegan tuna chickpea  
salad

## DINNER

Spicy tofu & broccoli  
stir fry

CAAVAKUSHI

# VEGAN MEAL PLAN

7 day high protein  
vegan meal plan.

# SATURDAY

## BREAKFAST

Avocado toast with  
pumpkin seeds &  
sesame seeds

## LUNCH

Spicy jacket potatoes

## DINNER

Chickpea &  
cauliflower curry

# SUNDAY

## BREAKFAST

Peanut butter &  
banana protein shake

## LUNCH

Grilled tempeh  
sandwich

## DINNER

Vegan chili with  
kidney beans & quinoa

CAAVAKUSHI

# VEGAN MEAL PLAN

7 day high protein  
vegan meal plan.

# SHOPPING LIST

## PROTEINS

Tofu, tempeh, chickpeas, red lentils, edamame, black beans, baked beans, nutritional yeast.

## GRAINS

Quinoa, brown rice, oats, whole grain bread, whole wheat wrap.

## VEGGIES

Spinach, kale, broccoli, cucumber, carrots, bell peppers, Sweet potatoes, baked potatoes.

## FRUITS

Bananas, berries, apples, pineapple, grapefruit, oranges, lemon, lime,

## NUTS & SEEDS

Sesame seeds, almonds, pumpkin seeds, chia seeds, cashew nuts, flaxseed, peanut butter, hemp seeds.

## DRINKS

Green tea, almond milk, coconut milk, matcha, guava juice, pomegranate juice.

## SAUCES & SPICES

Salt, pepper, chili flakes, garam masala, curry powder, curry paste, vegan hot sauce, chili oil.



# MONDAY

## BREAKFAST

Chickpea & mixed veggie omelette

Ingredients - Chickpea flour, water, spinach, bell peppers, mushrooms, salt and pepper (chili flakes optional)

Instructions - Mix chickpea flour with water to form a batter. Pour into a pan with the chopped mixed veggies & season. Cook until golden on both sides.

## LUNCH

Quinoa & black bean salad

Ingredients - Cooked quinoa, olive oil, black beans, sweet corn, bell peppers, cilantro, tahini, lime, avocado, salt and pepper (chili flakes optional)

Instructions - Cook quinoa & boil or steam the vegetables & season. Mix everything together with a splash of olive oil. Serve with a lime & tahini dressing.

## DINNER

Red lentil & veggie stir fry with tofu

Ingredients - Red lentils, tofu, broccoli, carrots, bell peppers, red onions, soy sauce, garlic, olive oil, salt & chilli powder

Instructions - Stir fry & tofu with garlic, salt, chilli powder & olive oil. Add cooked lentils & season with soy sauce.

## SNACKS

Mixed nuts and seed mix - Portion - 1/4 cup of almonds, sunflower seeds, and pumpkin seeds.

Edamame and sea salt - Portion - 1 cup of edamame, steamed and sprinkled with sea salt.

## DRINKS

Water, Freshly squeezed orange juice, Lemon-ginger green tea - Brew green tea with fresh ginger slices and a squeeze of lemon



# TUESDAY

## BREAKFAST

Overnight protein oats with berries

Ingredients - Rolled oats, plant-based protein powder, almond milk, and berries.

Instructions - Mix oats, protein powder and almond milk. Refrigerate overnight and add berries in the morning.

## LUNCH

Chickpea & spinach wrap

Ingredients - Whole wheat wrap, chickpeas, spinach, tahini, lemon juice, salt, pepper cucumber & tomatoes.

Instructions - Fill wrap with chickpeas, spinach, veggies, lemon juice, and tahini dressing. Season with salt & pepper to taste.

## DINNER

Stuffed bell peppers with lentils & brown rice

Ingredients - Bell peppers cooked with lentils, brown rice, tomatoes, onions, garlic, spices, olive oil, chilli flakes, salt and pepper.

Instructions - Mix all the ingredients together & season to taste with salt, pepper & chilli flakes. Fill bell peppers with lentil and rice mix. Bake 375° f for 25 minutes.

## SNACKS

Apple slices with almond butter – Portion - Sliced apples vix two tbsp of almond butter slathered on top of each slice.

Roasted chickpeas - Portion - Half a cup of chickpeas, seasoned and roasted in the oven.

## DRINKS

Water, Freshly squeezed lemonade, Almond banana smoothie - With almond milk, banana, almond butter, chia seeds. Blend and serve.



# WEDNESDAY

## BREAKFAST

Tofu scramble with spinach & mushrooms

Ingredients - Tofu, spinach, mushrooms, nutritional yeast and spices including salt, pepper and chili powder.

Instructions - Crumble the tofu and saute with veggies in a pan. Season with spices and nutritional yeast.

## LUNCH

Sweet potato and black bean bowl

Ingredients - Sweet potatoes, black beans, sweet corn, avocado, lime, olive oil, salt, pepper & paprika.

Instructions - Roast sweet potatoes and top with black beans, sweet corn and avocado. Drizzle lime and olive oil. Add salt, pepper and a pinch of paprika before serving.

## DINNER

Spicy Thai peanut tempe with stir fried veggies

Ingredients - Tempeh, peanut sauce, broccoli, snap peas, carrots, rice noodles, salt, pepper & garlic chili oil.

Instructions - Saute tempeh and veggies, add peanut sauce, salt, pepper & chili oil to taste. Serve over rice noodles.

## SNACKS

Protein energy bowls – Portion - Made with oats, peanut butter and dates mixed together & left refrigerated overnight.

Veggie sticks with hummus - Portion - Half a cup of hummus with carrot, cucumber and celery sticks.

## DRINKS

Water, Freshly squeezed grapefruit juice, Turmeric golden milk – With plant milk, turmeric, cinnamon, ginger. Heat and blend until frothy.



# THURSDAY

## BREAKFAST

Vegan protein pancakes

Ingredients - Oats, banana, plant-based protein powder, almond milk, flaxseed.

Instructions - Blend all ingredients together. Cook on a non-stick pan. Serve with berries and maple syrup.

## LUNCH

Tempeh Buddha bowl

Ingredients - Tempeh, quinoa, kale, roasted sweet potatoes, tahini dressing, lemon juice, salt, pepper, chili flakes.

Instructions - Arrange tempeh and veggies over quinoa and drizzle tahini and lemon juice. Season with salt, pepper and chili flakes to taste.

## DINNER

Spicy lentil curry with brown rice

Ingredients - Red lentils, coconut milk, tomatoes, red onions spinach, curry powder, garam masala, salt, chili powder, olive oil.

Instructions - Saute red onions with olive oil. Then add 2 tsp of curry powder, 1 tsp of garam masala, salt and chili powder to taste. Next to add the tomatoes, spinach & coconut milk and leave to cook for 15 minutes. Serve with brown rice.

## SNACKS

Pudding - Portion - chia seeds soaked in almond milk topped with fresh fruit. Leave refrigerated overnight.

Spicy roasted pumpkin seeds - Portion - A 1/4 of a cup of roasted pumpkin seeds with a light sprinkle of sea salt.

## DRINKS

Water, Freshly squeezed lime juice, Matcha coconut latte - Matcha powder, coconut milk & hot water. Blend until frothy.





# FRIDAY

## BREAKFAST

Smoothie bowl with hemp seeds

Ingredients - Frozen banana, berries, almond milk, hemp seeds, granola

Instructions - Blend fruit & milk. Pour into a bowl & top with seeds & granola

## LUNCH

Vegan tuna chickpea salad

Ingredients - Chickpeas, nori, vegan mayo, celery, lemon juice, salt, pepper.

Instructions - Mash the chickpeas & mix them up with the other ingredients. Season to taste. Serve in lettuce, wraps or spread on bread.

## DINNER

Spicy tofu and broccoli stir fry

Ingredients - Tofu, broccoli, garlic, ginger, soy sauce, salt, chili flakes.

Instructions - Stir fry the garlic, ginger, tofu & broccoli in soy sauce. Then add seasoning to your taste.

## SNACKS

Peanut butter rice cakes – Portion - 2 rice cakes topped with peanut butter and banana slices.

Seaweed snack with almonds - Portion - 1 pack of seaweed with a handful of almonds.

## DRINKS

Water, Guava juice, Pineapple & ginger juice - Fresh pineapple, ginger & water. Blend & strain.



# SATURDAY

## BREAKFAST

Avocado toast with pumpkin seeds and sesame seeds

Ingredients - Whole grain bread, avocado, pumpkin seeds, sesame seeds, salt, chili flakes.

Instructions - Toast bread and smash avocado on top. Then sprinkle the pumpkin seeds and sesame seeds. Lastly, season with salt & chili flakes.

## LUNCH

Spicy jacket potatoes

Ingredients - 2 large baked potatoes, vegan cheese, baked beans, salt, pepper, vegan hot sauce.

Instructions - Bake 2 large large potatoes. Then cut open & stuff with vegan cheese & cooked baked beans plus freshly sliced red onions. Lastly, season with souls & pepper. Then drizzle a bit of vegan hot sauce.

## DINNER

Chickpea and cauliflower curry

Ingredients - Chickpeas, cauliflower, coconut milk, curry paste, spinach, chili powder, salt.

Instructions - Cook chickpeas & cauliflower in coconut curry sauce with spices & season. Finally serve with brown rice.

## SNACKS

Vegan protein bar - Portion - 1 plant-based protein bar.

Guacamole & veggie sticks - Portion - Half a cup of guacamole with carrot and cucumber sticks.

## DRINKS

Water, pomegranate juice, Berry protein smoothie - Mixed berries, plant-based protein, almond milk. Then blend & serve.



# SUNDAY

## BREAKFAST

Peanut butter & banana protein shake

Ingredients - banana, peanut butter, plant-based protein powder, almond milk.

Instructions - Blend & serve.

## LUNCH

Grilled tempeh sandwich

Ingredients - Tempeh, whole grain bread, vegan mayo, lettuce, tomato, salt, pepper.

Instructions - Grill tempeh and assemble the sandwich with the veggies, vegan mayo & the seasoning.

## DINNER

Vegan chili with kidney beans and quinoa

Ingredients - Kidney beans, quinoa, tomatoes, bell peppers, salt, pepper, chili flakes, olive oil, lime juice.

Instructions - Cook everything in a large pot until thick. Add seasoning to your taste to bring out the flavours in the chili. Serve hot.

## SNACKS

Trail mix with dried fruit - Portion - A quarter cup of mixed almonds, walnuts & dried cranberries.

Roasted cashew nuts - Portion - A quarter cup of roasted cashew nuts.

## DRINKS

Water, Mixed berry juice, Cucumber detox water - Sliced cucumber, mint leaves, lemon. Infused in water.

