BARBARA OF NORTH

30 High-Protein Vegan Meals

Breakfasts, lunches and dinners with 18 to 46 grams of protein a serving, from normal food. With the grocery list.

By Barbara, Barbara of North

This plan is general information about food. It is not medical advice and it is not made for one person's health. If you are pregnant or breastfeeding, under 18, have a diagnosed condition or take medication, talk to your doctor or a registered dietitian before you change how you eat.

START HERE

One rule makes this easy

Most vegans eat a good dinner and almost no protein before it. Toast for breakfast, a salad for lunch, and the whole day's protein has to come from one meal. It does not work well, because the body cannot save protein up for later.

So the rule is: one protein food on every plate. Beans, lentils, chickpeas, tofu, tempeh, edamame, soy milk or soy yogurt. Every meal in this guide already follows it.

How to use the guide

- Pick one breakfast, one lunch and one dinner for tomorrow. That is a full day.
- Amounts are for one person. Double them for two.
- The protein per serving is printed under each recipe, worked out from the USDA food database.
- The last page is the grocery list of staples. With those in the house, most of these meals are 20 minutes away.

Chocolate peanut butter protein smoothie · 46 g protein



For 1 person · 5 minutes · Breakfast

You need: 1 1/2 cups unsweetened soy milk with added calcium, B12 and vitamin D; 1 medium banana; 1 scoop unflavored soy protein powder; 1 tbsp peanut butter; 2 tbsp unsweetened cocoa powder; 1 tbsp ground flaxseed; 1 cup fresh spinach.

How: Pour the soy milk into the blender first so the blades turn freely. Add the banana in pieces, the spinach, protein powder, peanut butter, cocoa and ground flaxseed. Blend on high for about one minute, until there are no green flecks. Add a few ice cubes and blend again if you like it cold.

Tip: Freeze a peeled banana in pieces. Used frozen, it makes the smoothie thick and cold with no ice.

One portion: about 490 kcal, 46 g protein, 12 g fiber, 9.2 mg iron, 580 mg calcium.

Tofu scramble breakfast tacos · 39 g protein



For 1 person · 15 minutes · Breakfast

You need: 1/2 block (14 oz) firm tofu (calcium-set); 1/2 cup cooked or canned black beans, drained; 2 corn tortillas; 1/2 medium red bell pepper; 1 cup fresh spinach; 1/2 medium avocado; 1/2 tbsp olive oil; 1/2 tsp ground turmeric; 1 tbsp nutritional yeast with added B12; 1/2 pinch black salt (kala namak), for an eggy taste.

How: Warm the oil in a pan over medium heat. Crumble in the tofu with your fingers, add the turmeric and cook for about five minutes, stirring, until the water has cooked off. Add the diced pepper, drained beans and spinach and cook three minutes more, until the spinach has wilted. Take the pan off the heat and stir in the nutritional yeast and black salt. Season with iodized salt and pepper. Warm the tortillas in a dry pan for about 30 seconds a side. Fill the tortillas with the scramble and top with sliced avocado.

Tip: The nutritional yeast goes in at the end, off the heat, so it stays creamy.

One portion: about 607 kcal, 39 g protein, 20 g fiber, 8.2 mg iron, 1131 mg calcium. Not counted, because the label differs by brand: nutritional yeast with added B12, black salt (kala namak), for an eggy taste.

Blueberry oat protein pancakes · 26 g protein



For 1 person · 20 minutes · Breakfast

You need: 1/2 cup rolled oats; 1/2 cup unsweetened soy milk with added calcium, B12 and vitamin D; 1/2 medium banana; 1/2 scoop unflavored soy protein powder; 1 tbsp ground flaxseed; 1/2 cup blueberries; 1/2 tbsp maple syrup; 1/2 tbsp olive oil.

How: Blend the oats on their own until they look like flour, about 30 seconds. Add the soy milk, banana, protein powder and ground flaxseed and blend into a thick, pourable batter. Let it rest for five minutes so it thickens. Heat a nonstick pan over medium heat and brush it with a little of the oil. The pan is ready when a drop of batter sizzles gently. Pour small pancakes, about the size of your palm. Drop a few blueberries onto each. Cook for about two minutes, until bubbles appear and the edges look set. Flip and cook for one to two minutes more, until golden underneath. Keep them warm in a low oven while you cook the rest. Serve with the maple syrup.

Tip: Keep the heat at medium. Oat batter burns on the outside before the middle cooks if the pan is too hot.

One portion: about 456 kcal, 26 g protein, 10 g fiber, 5.6 mg iron, 239 mg calcium.

Peanut butter banana toast with hemp seeds and a glass of soy milk · 24 g protein



For 1 person · 5 minutes · Breakfast

You need: 2 slices whole-wheat bread; 1 1/2 tbsp peanut butter; 1/2 medium banana; 1 tbsp hemp seeds; 1 cup unsweetened soy milk with added calcium, B12 and vitamin D.

How: Toast the bread until golden. Spread the peanut butter on the toast while it is still warm so it softens. Slice the banana and lay it on top, then sprinkle with the hemp seeds. Pour the soy milk and serve a glass with each plate.

Tip: Use a peanut butter with only peanuts, and maybe salt, on the label.

One portion: about 494 kcal, 24 g protein, 8 g fiber, 4.1 mg iron, 429 mg calcium.

Smoky tempeh breakfast sandwich · 24 g protein



For 1 person · 15 minutes · Breakfast

You need: 1/2 package (8 oz) tempeh; 2 slices whole-wheat bread; 1/2 medium tomato; 1/2 cup romaine lettuce; 2 tbsp hummus; 1/2 tbsp soy sauce; 1/2 tbsp maple syrup; 1/2 tsp paprika; 1/2 tbsp olive oil.

How: Cut the tempeh into thin slices, about the thickness of a coin stack. Mix the soy sauce, maple syrup and paprika in a shallow dish and turn the slices in it. Warm the oil in a pan over medium heat. Fry the tempeh for about three minutes a side, until browned and sticky. Pour in any leftover marinade for the last minute. Toast the bread and spread it with hummus. Layer the tempeh, tomato slices and lettuce on two slices, close with the other two and cut in half.

Tip: Marinate the slices the night before and the morning is just five minutes of frying.

One portion: about 402 kcal, 24 g protein, 7 g fiber, 4.7 mg iron, 202 mg calcium.

Vegan sausage, tofu and potato hash · 22 g protein



For 1 person · 25 minutes · Breakfast

You need: 1/2 link vegan sausage; 1/2 block (14 oz) firm tofu (calcium-set); 1/2 medium potato; 1/2 medium onion; 1/2 medium red bell pepper; 1 cup kale, chopped; 1/2 tbsp olive oil; 1/2 tsp paprika.

How: Cut the potatoes into small cubes, about 1.5 cm (1/2 inch), so they cook fast. Warm the oil in a large pan over medium heat. Fry the potatoes for about ten minutes, turning now and then, until golden and almost soft. Add the diced onion and pepper, the sliced sausage and the cubed tofu with the paprika. Cook for about eight minutes, until everything is browned and the potatoes are soft. Stir in the kale and cook for two minutes until it wilts. Season with iodized salt and pepper.

Tip: Boil the potato cubes for five minutes the night before and the hash takes half the time.

One portion: about 362 kcal, 22 g protein, 7 g fiber, 4.7 mg iron, 556 mg calcium.

Berry and walnut soy yogurt bowl · 20 g protein



For 1 person · 5 minutes · Breakfast

You need: 1 cup plain soy yogurt with added calcium; 1/2 cup blueberries; 1/4 cup walnuts; 1 tbsp hemp seeds; 1/4 cup rolled oats.

How: Spoon the soy yogurt into two bowls. Break the walnuts into smaller pieces with your hands. Scatter the blueberries, oats, walnuts and hemp seeds over the yogurt and eat straight away, while the oats still have some bite.

Tip: Frozen blueberries work too. Put them on the yogurt first and they thaw by the time you sit down.

One portion: about 492 kcal, 20 g protein, 7 g fiber, 4.9 mg iron, 255 mg calcium.

Smashed chickpea and avocado toast · 18 g protein



For 1 person · 10 minutes · Breakfast

You need: 1/2 can (15 oz) chickpeas, drained; 1/2 medium avocado; 2 slices whole-wheat bread; 1/2 tbsp lemon juice; 1 tbsp pumpkin seeds; 1/2 medium tomato.

How: Drain and rinse the chickpeas. Mash the chickpeas and avocado with the lemon juice in a bowl using a fork, leaving it a little chunky. Season with iodized salt and pepper. Toast the bread. Spread the mash thickly on the toast, add slices of tomato and scatter the pumpkin seeds on top.

Tip: The mash keeps a day in a closed box with plastic pressed onto the surface, so it does not brown.

One portion: about 421 kcal, 18 g protein, 14 g fiber, 3.8 mg iron, 156 mg calcium.

Peanut butter banana overnight oats · 18 g protein



For 1 person · 5 minutes · Breakfast

You need: 1/2 cup rolled oats; 3/4 cup unsweetened soy milk with added calcium, B12 and vitamin D; 1 tbsp chia seeds; 1 tbsp peanut butter; 1/2 medium banana; 1 tbsp ground flaxseed.

How: Stir the oats, chia seeds, ground flaxseed and soy milk together in a jar or bowl until there are no dry pockets. Drop the peanut butter on top and swirl it through with a spoon. Cover and leave in the fridge overnight, or at least four hours. In the morning, stir, add a splash of soy milk if it is very thick, and slice the banana on top. Eat cold, or warm it for two minutes.

Tip: Make three jars at once. Add the banana only on the day.

One portion: about 457 kcal, 18 g protein, 13 g fiber, 4.3 mg iron, 352 mg calcium.

LUNCHES

Tofu egg-style salad sandwich · 34 g protein



For 1 person · 10 minutes · Lunch

You need: 1/2 block (14 oz) firm tofu (calcium-set); 1 tbsp vegan mayonnaise; 1/2 stalk celery; 1/2 tsp ground turmeric; 2 slices whole-wheat bread; 1/2 cup romaine lettuce; 1/2 pinch black salt (kala namak), for an eggy taste.

How: Drain the tofu, pat it dry and crumble it into a bowl with your fingers into small, uneven pieces. Dice the celery very small. Stir in the mayonnaise, celery, turmeric and black salt until the tofu is evenly yellow. Taste and add pepper. Spread it on two slices of bread, add the lettuce and close with the other two. Cut in half.

Tip: Black salt (kala namak) gives the egg taste. Without it, it is still a good sandwich.

One portion: about 386 kcal, 34 g protein, 8 g fiber, 6.1 mg iron, 1144 mg calcium. Not counted, because the label differs by brand: vegan mayonnaise, black salt (kala namak), for an eggy taste.

Peanut tempeh lettuce wraps with rice · 31 g protein



For 1 person · 20 minutes · Lunch

You need: 1/2 package (8 oz) tempeh; 1 1/4 cups romaine lettuce; 1/2 medium carrot; 1/2 cup sliced cucumber; 1 tbsp peanut butter; 1/2 tbsp soy sauce; 1/2 tbsp lime juice; 1/2 cup cooked brown rice; 1/2 tbsp olive oil.

How: Crumble the tempeh into small pieces with your fingers. Warm the oil in a pan over medium high heat. Fry the tempeh for about six minutes, stirring now and then, until browned. Stir the peanut butter, soy sauce and lime juice with a splash of water. Pour it over the tempeh and stir for one minute until glossy and coated. Grate the carrot and cut the cucumber into thin sticks. Warm the rice. Spoon rice and tempeh into the lettuce leaves, top with the carrot and cucumber, and eat with your hands.

Tip: Choose the inner, cup-shaped lettuce leaves. They hold the filling best.

One portion: about 505 kcal, 31 g protein, 5 g fiber, 4.9 mg iron, 179 mg calcium.

Miso noodle soup with tofu and mushrooms · 31 g protein



For 1 person · 15 minutes · Lunch

You need: 1 cup cooked rice noodles; 1/2 block (14 oz) firm tofu (calcium-set); 1 cup mushrooms, sliced; 1 cup fresh spinach; 1 tbsp miso paste; 1 1/2 tsp fresh ginger, grated; 1/2 tbsp soy sauce; 1/2 tbsp sesame seeds; 1/2 nori sheets, crumbled.

How: Slice the mushrooms, grate the ginger and cut the tofu into small cubes. Bring a pot of water to a simmer, about two large bowls' worth per two people. Add the mushrooms and ginger and simmer for five minutes. Add the tofu, noodles, spinach and soy sauce and heat through for two to three minutes. Take the pot off the heat. Mix the miso with a ladle of the hot broth in a cup until smooth, then stir it back in. Boiling miso dulls its taste. Ladle into bowls and top with the sesame seeds and crumbled nori.

Tip: Taste before you add salt. Miso and soy sauce are already salty.

One portion: about 430 kcal, 31 g protein, 7 g fiber, 5.9 mg iron, 948 mg calcium. Not counted, because the label differs by brand: nori sheets, crumbled.

Big lentil and quinoa salad with tahini lemon dressing · 26 g protein



For 1 person · 15 minutes · Lunch

You need: 3/4 cup cooked brown or green lentils; 1/2 cup cooked quinoa; 3/4 cup sliced cucumber; 1/2 medium tomato; 2 1/2 tbsp fresh parsley, chopped; 1 tbsp tahini; 1 tbsp lemon juice; 1 1/2 tbsp pumpkin seeds.

How: Whisk the tahini and lemon juice in a large bowl. Add water a spoon at a time until it is thin enough to pour. Chop the cucumber and tomato into small cubes and the parsley finely. Add the lentils, quinoa, cucumber, tomato and parsley to the bowl and toss until everything is coated. Season with iodized salt and pepper and scatter the pumpkin seeds on top.

Tip: This salad holds well for two days, which makes it a good lunch to take with you.

One portion: about 490 kcal, 26 g protein, 18 g fiber, 10.1 mg iron, 149 mg calcium.

Black bean burrito bowl · 23 g protein



For 1 person · 15 minutes · Lunch

You need: 1 cup cooked or canned black beans, drained; 3/4 cup cooked brown rice; 1/2 cup canned or frozen corn; 1/2 medium tomato; 1/2 medium avocado; 1 cup romaine lettuce; 1/2 tbsp lime juice; 1/4 cup fresh cilantro, chopped; 1/2 tsp chili powder.

How: If you are using canned beans, rinse them in a sieve under cold water and shake them dry. Warm the beans in a small pan over medium heat with the chili powder and a splash of water for about four minutes, stirring, until hot and coated. Warm the rice in the microwave or in a pan with a spoon of water. Drain the corn. Chop the tomato, shred the lettuce and slice the avocado. Divide the rice between two bowls and arrange the beans, corn, tomato and lettuce on top in sections. Finish with the avocado, the chopped cilantro and the lime juice. Season with iodized salt and pepper.

Tip: For a packed lunch, keep the avocado and lime separate until you eat so the bowl stays fresh.

One portion: about 560 kcal, 23 g protein, 24 g fiber, 5.9 mg iron, 90 mg calcium.

Veggie burger with sweet potato wedges · 23 g protein



For 1 person · 30 minutes · Lunch

You need: 1 veggie burger patty; 2 slices whole-wheat bread; 1/2 medium avocado; 1/2 medium tomato; 1/2 cup romaine lettuce; 1 medium sweet potato; 1/2 tbsp olive oil.

How: Heat the oven to 425 F (220 C). Cut the sweet potatoes into wedges, toss them with the oil and a pinch of iodized salt and spread them on a lined tray. Roast for about 25 minutes, turning once, until soft inside and browned at the edges. About ten minutes before the wedges are done, cook the patties as the pack says. Toast the bread. Build each burger with the patty, sliced avocado, tomato and lettuce between two slices. Serve with the wedges and season with pepper.

Tip: Leave space between the wedges on the tray or they steam instead of roasting.

One portion: about 553 kcal, 23 g protein, 16 g fiber, 4.8 mg iron, 262 mg calcium.

Edamame soba noodle salad with peanut dressing · 23 g protein



For 1 person · 15 minutes · Lunch

You need: 1 1/2 cups cooked soba noodles; 1/2 cup shelled edamame; 1/2 medium carrot; 1/2 cup red cabbage, shredded; 1 tbsp peanut butter; 1/2 tbsp soy sauce; 1/2 tbsp lime juice; 1/2 tsp sesame oil; 1/2 tbsp sesame seeds.

How: Cook the soba noodles as the pack says, usually four to five minutes. Drain and rinse them under cold water until cool, so they do not stick together. If the edamame are frozen, put them in boiling water for three minutes, then cool them under cold water too. Whisk the peanut butter, soy sauce, lime juice and sesame oil in a large bowl with a splash of warm water until smooth and pourable. Grate the carrot and shred the cabbage thinly. Toss the noodles, edamame, carrot and cabbage in the dressing until everything is coated. Sprinkle with the sesame seeds.

Tip: For a packed lunch, keep the dressing in a small jar and toss just before eating.

One portion: about 414 kcal, 23 g protein, 7 g fiber, 3.9 mg iron, 136 mg calcium.

Red lentil and tomato soup · 18 g protein



For 1 person · 30 minutes · Lunch

You need: 1/4 cup dry red lentils; 1/2 medium carrot; 1/2 medium onion; 1 clove garlic; 1/4 cup canned crushed tomatoes; 1/2 tsp ground cumin; 1/2 tbsp olive oil; 1/2 tbsp lemon juice; 1 cup fresh spinach.

How: Dice the onion and carrots and crush the garlic. Rinse the lentils. Warm the oil in a large pot over medium heat. Cook the onion, carrot and garlic for about five minutes until soft. Stir in the cumin for one minute. Add the lentils, the crushed tomatoes and about four times the lentils' volume of water. Bring to a boil, then simmer for about 20 minutes, until the lentils are completely soft. Blend part of the soup if you like it smoother, or leave it chunky. Stir in the spinach until it wilts and add the lemon juice. Season with iodized salt and pepper.

Tip: Add the lemon at the end, not earlier. It brightens the whole pot.

One portion: about 340 kcal, 18 g protein, 11 g fiber, 7.7 mg iron, 126 mg calcium.

DINNERS

Peanut tofu rice bowl with edamame · 38 g protein



For 1 person · 25 minutes · Dinner

You need: 1/2 block (14 oz) firm tofu (calcium-set); 3/4 cup cooked brown rice; 1/2 cup red cabbage, shredded; 1/2 medium carrot; 1/4 cup shelled edamame; 1 tbsp peanut butter; 1/2 tbsp soy sauce; 1/2 tbsp lime juice; 1 tsp fresh ginger, grated.

How: Heat the oven to 400 F (200 C). Pat the tofu dry and cut it into cubes. Bake on a lined tray for 20 minutes, turning once, until golden. Or fry it in a pan for about eight minutes. If the edamame are frozen, cook them in boiling water for three minutes and drain. Whisk the peanut butter, soy sauce, lime juice and grated ginger with warm water, a spoon at a time, until it pours. Shred the cabbage and grate the carrots. Warm the rice. Build the bowls: rice first, then the tofu, edamame, cabbage and carrot in sections. Pour the sauce over the tofu.

Tip: The sauce thickens in the fridge. Stir in a spoon of warm water before using leftovers.

One portion: about 571 kcal, 38 g protein, 11 g fiber, 6.4 mg iron, 989 mg calcium.

Tofu, broccoli and cashew stir fry · 34 g protein



For 1 person · 25 minutes · Dinner

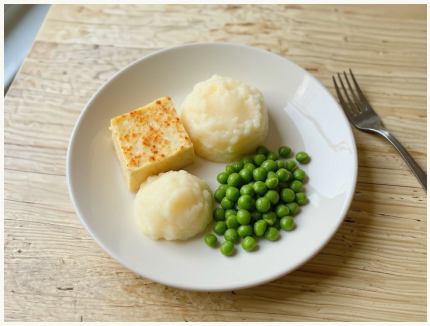
You need: 1/2 block (14 oz) firm tofu (calcium-set); 1 cup broccoli florets; 1/2 medium red bell pepper; 1/2 medium carrot; 1/2 tbsp soy sauce; 1 1/2 tsp fresh ginger, grated; 1 clove garlic; 1/2 tsp sesame oil; 3/4 cup cooked brown rice; 1/4 cup cashews.

How: Pat the tofu dry and cut it into cubes. Cut the broccoli into small florets, the pepper into strips and the carrots into thin slices. Crush the garlic and grate the ginger. Heat half the sesame oil in a large pan or wok over medium high heat. Fry the tofu for about eight minutes, turning, until golden on several sides. Lift it onto a plate. Add the rest of the oil, then the broccoli, pepper and carrot. Stir fry for about four minutes, until bright and just tender. Add the garlic and ginger for the last minute. Put the tofu back, add the soy sauce and cashews and toss for one minute until everything is glossy. Serve over the warm rice.

Tip: Do not move the tofu for the first two minutes. It needs time to brown before it releases from the pan.

One portion: about 531 kcal, 34 g protein, 11 g fiber, 6.3 mg iron, 990 mg calcium.

Baked tofu with mashed potatoes and peas · 32 g protein



For 1 person · 40 minutes · Dinner

You need: 1/2 block (14 oz) firm tofu (calcium-set); 1 medium potato; 1/4 cup unsweetened soy milk with added calcium, B12 and vitamin D; 1/2 cup frozen peas; 1/2 tbsp olive oil; 1/2 tbsp soy sauce; 1 clove garlic.

How: Heat the oven to 400 F (200 C) and line a tray with baking paper. Pat the tofu dry with a clean towel and cut it into slices about as thick as your finger. Mix the soy sauce with the crushed garlic, turn the slices in it and lay them on the tray. Bake for 25 minutes, turning the slices once halfway. They are done when the edges are golden and a little crisp. While the tofu bakes, peel the potatoes, cut them into even chunks and cover with cold water in a pot. Bring to a boil and cook for 15 to 18 minutes, until a knife slides in with no resistance. Drain the potatoes well, add the soy milk and olive oil, and mash until smooth. Season with iodized salt and pepper. Cook the frozen peas in a little boiling water for three minutes and drain. Serve the tofu, mash and peas side by side.

Tip: Press the tofu under a heavy pan for ten minutes before slicing and it bakes firmer.

One portion: about 454 kcal, 32 g protein, 10 g fiber, 6.3 mg iron, 1002 mg calcium.

Tofu and edamame fried rice · 32 g protein



For 1 person · 20 minutes · Dinner

You need: 3/4 cup cooked brown rice; 1/2 block (14 oz) firm tofu (calcium-set); 1/4 cup shelled edamame; 1/4 cup frozen peas; 1/2 medium carrot; 1/2 tbsp soy sauce; 1/2 tsp sesame oil; 1 clove garlic; 1 tsp fresh ginger, grated.

How: Use cold, cooked rice, ideally from the day before. Fresh rice turns mushy. Dice the carrots small, crush the garlic and grate the ginger. Heat the sesame oil in a large pan or wok over medium high heat. Crumble in the tofu and fry for about five minutes until lightly golden. Add the garlic and ginger for the last minute. Add the carrot, peas and edamame and cook for four minutes, stirring. Add the rice, break up any clumps, and stir fry for about three minutes until hot. Add the soy sauce and toss until evenly colored.

Tip: This is the best use of leftover rice in the plan. Cook extra rice on rice days.

One portion: about 499 kcal, 32 g protein, 11 g fiber, 5.8 mg iron, 751 mg calcium.

Sheet pan tempeh with potatoes and green beans · 30 g protein



For 1 person · 35 minutes · Dinner

You need: 1/2 package (8 oz) tempeh; 1 medium potato; 1 1/4 cups green beans; 1 tbsp olive oil; 1 clove garlic; 1/2 tsp paprika; 1/2 tbsp lemon juice.

How: Heat the oven to 425 F (220 C). Cut the potatoes into small cubes, about 2 cm (3/4 inch). Toss them with half the oil and a pinch of iodized salt on a tray and roast for 15 minutes. Meanwhile cut the tempeh into cubes and trim the green beans. Toss them with the crushed garlic, paprika and the rest of the oil. Add them to the tray, turn everything over and roast for another 15 minutes, until the potatoes are golden and the beans are tender and blistered. Squeeze over the lemon juice and season with pepper.

Tip: Cut the potatoes small. Big chunks will not be done in time.

One portion: about 509 kcal, 30 g protein, 8 g fiber, 6.3 mg iron, 205 mg calcium.

Vegan sausage and white bean skillet · 29 g protein



For 1 person · 25 minutes · Dinner

You need: 1 link vegan sausage; 3/4 cup cooked or canned white beans, drained; 1 3/4 cups kale, chopped; 1/2 cup canned crushed tomatoes; 1/2 medium onion; 1 clove garlic; 1/2 tbsp olive oil; 1 slice whole-wheat bread.

How: Slice the sausage and dice the onion. Crush the garlic. Warm the oil in a deep pan over medium heat. Brown the sausage and onion for about five minutes. Add the garlic for the last minute. Add the drained beans and the crushed tomatoes. Simmer for ten minutes, stirring now and then. Stir in the kale and cook until it wilts, about three minutes. Season with iodized salt and pepper. Serve with the bread, toasted if you like, to scoop up the sauce.

Tip: Mash a spoonful of the beans against the side of the pan. It thickens the sauce.

One portion: about 476 kcal, 29 g protein, 15 g fiber, 9.1 mg iron, 325 mg calcium.

Stuffed sweet potatoes with black beans and tahini · 28 g protein



For 1 person · 45 minutes · Dinner

You need: 1 1/2 medium sweet potato; 1 cup cooked or canned black beans, drained; 2 cups kale, chopped; 1 tbsp tahini; 1/2 tbsp lemon juice; 1 1/2 tbsp pumpkin seeds; 1 clove garlic.

How: Heat the oven to 400 F (200 C). Scrub the sweet potatoes, prick them a few times with a fork and set them on a lined tray. Bake for about 40 minutes, until a knife slides into the middle with no resistance. About ten minutes before they are done, warm the beans with the crushed garlic in a pan over medium heat. Add the kale and a splash of water and cook until it wilts, about four minutes. Season with iodized salt and pepper. Stir the tahini and lemon juice together, adding water until it pours. Split the potatoes open, fill them with the beans and kale, drizzle with the tahini sauce and scatter the pumpkin seeds on top.

Tip: Bake the potatoes the evening before. Reheated, this is a 10-minute dinner.

One portion: about 634 kcal, 28 g protein, 26 g fiber, 8.5 mg iron, 302 mg calcium.

Three bean chili · 25 g protein



For 1 person · 40 minutes · Dinner

You need: 1/2 cup cooked or canned kidney beans, drained; 1/2 cup cooked or canned black beans, drained; 1/2 cup canned crushed tomatoes; 1/4 cup canned or frozen corn; 1/2 medium onion; 1/2 medium red bell pepper; 1/4 cup textured vegetable protein (TVP), dry; 1 tsp chili powder; 1/2 tsp ground cumin; 1/2 tbsp olive oil; 1/2 tbsp unsweetened cocoa powder.

How: Dice the onion and pepper. Warm the oil in a large pot over medium heat. Cook the onion and pepper for about five minutes until soft. Stir in the chili powder and cumin for one minute. Add the drained beans, crushed tomatoes, corn, the dry TVP and the cocoa. Add water until everything is just covered. The TVP soaks it up. Bring to a gentle bubble and simmer for about 25 minutes, stirring now and then, until thick. Add a little water if it catches on the bottom. Season with iodized salt and pepper. Taste and add more chili powder if you like it hotter.

Tip: The cocoa does not make it sweet. It adds depth, the way a long-cooked chili tastes.

One portion: about 389 kcal, 25 g protein, 21 g fiber, 8.2 mg iron, 150 mg calcium.

Vegan meatball pasta with spinach · 24 g protein



For 1 person · 25 minutes · Dinner

You need: 3 vegan meatballs; 1 cup cooked whole-wheat pasta; 1/2 cup canned crushed tomatoes; 1 clove garlic; 1 tbsp fresh basil; 1/2 tbsp olive oil; 1 cup fresh spinach; 1/2 tbsp nutritional yeast with added B12.

How: Cook the pasta as the pack says. Warm the oil in a large pan over medium heat and brown the meatballs as the pack says, usually about eight minutes, turning them. Add the crushed garlic for one minute, then the crushed tomatoes. Simmer for ten minutes, until the sauce has thickened a little. Stir in the spinach until it wilts. Season with iodized salt and pepper. Toss with the drained pasta and top with torn basil and the nutritional yeast.

Tip: Frozen meatballs can go straight into the pan. Add a few minutes to the browning.

One portion: about 419 kcal, 24 g protein, 12 g fiber, 6.1 mg iron, 110 mg calcium. Not counted, because the label differs by brand: nutritional yeast with added B12.

Lentil and mushroom bolognese · 22 g protein



For 1 person · 35 minutes · Dinner

You need: 1/2 cup cooked brown or green lentils; 1 cup cooked whole-wheat pasta; 1/2 cup canned crushed tomatoes; 1/2 cup mushrooms, sliced; 1/2 medium onion; 1/2 medium carrot; 1 clove garlic; 1/2 tbsp tomato paste; 1/2 tbsp olive oil; 1/4 cup walnuts; 1/2 tbsp nutritional yeast with added B12.

How: Dice the onion and carrot small, slice the mushrooms and crush the garlic. Chop the walnuts finely. Warm the oil in a large pan over medium heat. Cook the onion, carrot, mushrooms and garlic for about eight minutes, stirring, until the mushrooms have given up their water and started to brown. Stir in the tomato paste and cook one minute. Add the lentils, walnuts and crushed tomatoes. Bring to a gentle bubble and simmer for 15 minutes, stirring now and then. Add a splash of water if it gets too thick. Meanwhile cook the pasta as the pack says. Season the sauce with iodized salt and pepper, spoon it over the pasta and sprinkle the nutritional yeast on top.

Tip: The chopped walnuts give the sauce the rich, crumbly feel of a classic bolognese.

One portion: about 490 kcal, 22 g protein, 19 g fiber, 8.0 mg iron, 102 mg calcium. Not counted, because the label differs by brand: nutritional yeast with added B12.

Creamy tofu alfredo pasta with peas and mushrooms · 22 g protein



For 1 person · 25 minutes · Dinner

You need: 1/2 cup soft or silken tofu; 1 cup cooked whole-wheat pasta; 1/2 cup frozen peas; 3/4 cup mushrooms, sliced; 1 clove garlic; 1/2 tbsp lemon juice; 1/2 tbsp olive oil; 1/4 cup unsweetened soy milk with added calcium, B12 and vitamin D; 1 tbsp nutritional yeast with added B12.

How: Cook the pasta as the pack says. Keep a cup of the cooking water before you drain it. Blend the tofu, soy milk, garlic, lemon juice and nutritional yeast until completely smooth, about one minute. Season the sauce with iodized salt and pepper. Warm the oil in a large pan over medium high heat. Cook the mushrooms for about five minutes, without stirring too often, until browned. Add the frozen peas and the sauce. Warm gently for three minutes, stirring. Do not let it boil hard or it can split. Toss in the drained pasta. If the sauce is too thick, loosen it with a splash of the pasta water until it coats every piece.

Tip: Silken tofu gives the smoothest sauce. Firm tofu works but needs a little more soy milk.

One portion: about 404 kcal, 22 g protein, 10 g fiber, 4.9 mg iron, 199 mg calcium. Not counted, because the label differs by brand: nutritional yeast with added B12.

TVP sloppy joes · 20 g protein



For 1 person · 25 minutes · Dinner

You need: 1/4 cup textured vegetable protein (TVP), dry; 1/4 cup canned crushed tomatoes; 1/2 medium onion; 1/2 medium red bell pepper; 1/2 tbsp tomato paste; 2 slices whole-wheat bread; 1/2 tbsp maple syrup; 1/2 tsp chili powder; 1/2 tbsp apple cider vinegar; 1/2 tbsp olive oil.

How: Pour hot water over the TVP, just enough to cover it, and leave it for five minutes to soften. Dice the onion and pepper. Warm the oil in a pan over medium heat and cook them for about five minutes until soft. Add the soaked TVP, the crushed tomatoes, tomato paste, maple syrup, chili powder and vinegar. Stir well. Simmer for about ten minutes, stirring now and then, until thick enough to sit on bread without running off. Season with iodized salt and pepper and spoon it onto toasted bread.

Tip: TVP keeps for months in the cupboard, so this is a dinner you can always make.

One portion: about 318 kcal, 20 g protein, 10 g fiber, 4.4 mg iron, 207 mg calcium.

Red lentil and spinach dal · 19 g protein



For 1 person · 30 minutes · Dinner

You need: 1/4 cup dry red lentils; 1/4 cup canned coconut milk; 1 1/4 cups fresh spinach; 1/2 medium tomato; 1/2 medium onion; 1 tsp fresh ginger, grated; 1 clove garlic; 1 tsp curry powder; 1/2 tsp ground turmeric; 3/4 cup cooked brown rice.

How: Rinse the red lentils in a sieve until the water runs almost clear. Dice the onion, grate the ginger, crush the garlic and chop the tomatoes. Put the lentils, onion, ginger, garlic, curry powder and turmeric in a pot with about three times their volume of water. Bring to a boil, skim off any foam, then turn down and simmer for about 20 minutes, stirring now and then, until the lentils have fallen apart. Add the tomatoes and coconut milk and cook five minutes more. If it gets too thick, add a splash of water. It should be like a thick soup. Stir in the spinach a handful at a time until it wilts. Season with iodized salt and pepper and serve over the warm rice.

Tip: Red lentils need no soaking. They cook down on their own into the creamy dal texture.

One portion: about 465 kcal, 19 g protein, 11 g fiber, 7.5 mg iron, 96 mg calcium.

The high-protein vegan kitchen

Keep these in the house and you can make most of the 30 meals without a special trip.

Fruit and vegetables

avocado; banana; carrots; fresh ginger, grated; fresh spinach; garlic; kale, chopped; lemon juice; lime juice; mushrooms, sliced; onion; potatoes; red bell pepper; romaine lettuce; tomatoes.

Fridge

firm tofu (calcium-set); plain soy yogurt with added calcium; soft or silken tofu; tempeh; unsweetened soy milk with added calcium, B12 and vitamin D; vegan mayonnaise; vegan meatballs; vegan sausage.

Freezer

frozen peas; shelled edamame.

Bread and tortillas

whole-wheat bread.

Cans, grains and beans

canned chickpeas, drained; canned crushed tomatoes; cooked brown or green lentils; cooked brown rice; cooked or canned black beans, drained; cooked or canned kidney beans, drained; cooked or canned white beans, drained; cooked whole-wheat pasta; dry red lentils; green beans; rolled oats; textured vegetable protein (TVP), dry; unflavored soy protein powder.

Nuts, seeds and spreads

ground flaxseed; peanut butter; pumpkin seeds.

Pantry

chili powder; ground turmeric; maple syrup; nutritional yeast with added B12; olive oil; paprika; sesame oil; soy sauce.

Want the whole month planned for you?

The 4-Week High-Protein Vegan Meal Plan puts these meals into 28 planned days, with a real serving of protein at every meal, weekly shopping lists with amounts for your household, and a one-hour prep guide. Find it at proteinonplants.com.

This plan is general information about food. It is not medical advice and it is not made for one person's health. If you are pregnant or breastfeeding, under 18, have a diagnosed condition or take medication, talk to your doctor or a registered dietitian before you change how you eat.