



THE VEGAN EXEC COOKBOOK

HIGH-PROTEIN VEGAN NUTRITION FOR PEAK PERFORMANCE



TABLE OF CONTENTS

BREAKFAST

- 01 Protein Power Smoothie Bowl
- 02 Tofu Scramble Supreme
- 03 Protein-Packed Overnight Oats
- 04 High-Protein Chickpea Pancakes

DINNER

- 3 09 Black Bean Protein Plate
- 4 10 Seitan Protein Bowl
- 5 11 High-Protein Legume Pasta
- 6 12 Ultimate Black Bean Burger

LUNCH

- 7 05 Super Protein Quinoa Bowl
- 8 06 High-Protein Lentil Bowl
- 9 07 Tempeh Protein Wrap
- 10 08 Super Seed Protein Salad

SNACKS & SIDES

- 13 Protein Energy Balls
- 14 High-Protein Edamame Hummus
- 15 Super Protein Smoothies
- 16 Protein-Boosted Snacks

Protein Power Smoothie Bowl

Start your day with this nutrient-dense smoothie bowl packed with plant-based protein. Perfect for post-workout recovery or sustained morning energy.

Prep Time
10 mins

Servings
1

Cook Time
0 mins

Calories
480

Macronutrients



Protein
42g



Carbs
40g



Fat
16g



Ingredients

- 1.5 scoops (45g) plant-based protein powder (pea or hemp)
- 1/2 frozen banana
- 1/3 cup frozen mixed berries
- 1 cup unsweetened almond milk
- 3 tbsp hemp hearts
- 2 tbsp chia seeds
- 2 tbsp almond butter
- 1/4 cup silken tofu (for creaminess)
- 1 tsp spirulina powder (optional)
- Toppings: 2 tbsp grain-free granola, 1 tbsp coconut flakes

Instructions

- Add protein powder, silken tofu, frozen banana, berries, and almond milk to a high-speed blender.
- Blend until smooth and thick, adding more liquid if needed.
- Add hemp hearts, chia seeds, and almond butter, pulse to combine.
- Pour into a bowl and top with grain-free granola and coconut flakes.
- Drizzle with additional almond butter if desired and serve immediately.

Chef Tips

- Freeze your smoothie bowl for 10 minutes for a thicker consistency.
- Add spirulina for extra nutrients and a vibrant green color.
- Use frozen cauliflower instead of banana for fewer carbs and no flavor difference.
- Silken tofu adds creaminess and extra protein without affecting flavor.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 480 |
| Protein | 42g |
| Carbohydrates | 40g |
| Fat | 16g |
| Fiber | 18g |
| Sugar | 15g |

Tofu Scramble Supreme

A protein-rich vegan alternative to scrambled eggs, loaded with vegetables and plant-based nutrition. Perfect for a hearty breakfast that keeps you satisfied.

🕒 Prep Time
10 mins

👤 Servings
1

🕒 Cook Time
12 mins

⚡ Calories
420

Macronutrients



Protein
40g



Carbs
18g



Fat
22g



Ingredients

- 8 oz extra-firm tofu, crumbled
- 1/4 cup textured vegetable protein (TVP), rehydrated
- 1 tbsp olive oil
- 1/3 cup nutritional yeast
- 1/2 tsp turmeric
- 1/4 cup bell peppers, diced
- 1/4 cup spinach, chopped
- 3 tbsp hemp seeds
- 1 tbsp tahini
- 1 tsp garlic powder
- 1/4 tsp black salt (kala namak) for eggy flavor
- Black pepper to taste
- 1 slice ezekiel bread (optional)

Instructions

- 1 Press tofu for 15 minutes to remove excess water, then crumble.
- 2 Rehydrate TVP with 1/4 cup hot vegetable broth.
- 3 Heat olive oil in a non-stick pan over medium heat.
- 4 Add crumbled tofu and rehydrated TVP, cook for 3-4 minutes, stirring occasionally.
- 5 Add turmeric, garlic powder, black salt, and pepper. Mix well.
- 6 Add bell peppers and cook for 2 minutes until softened.
- 7 Stir in spinach and cook until wilted.
- 8 Add nutritional yeast and tahini, mixing until well combined.
- 9 Top with hemp seeds and serve with ezekiel bread if desired.

Chef Tips

- Black salt (kala namak) gives an authentic egg-like sulfur flavor.
- TVP adds extra protein with minimal carbs and a meaty texture.
- For a complete meal, serve with sliced avocado and hot sauce.
- Meal prep by cooking a large batch and reheating throughout the week.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 420 |
| Protein | 40g |
| Carbohydrates | 18g |
| Fat | 22g |
| Fiber | 10g |
| Sugar | 4g |

Protein-Packed Overnight Oats

A convenient make-ahead breakfast that combines oats with plant-based protein for sustained energy. Perfect for busy mornings when you need grab-and-go nutrition.

Prep Time
10 mins

Cook Time
0 mins (8 hrs
refrigeration)

Servings
1

Calories
490

Macronutrients



Protein
38g



Carbs
42g



Fat
18g



Ingredients

- 1/3 cup rolled oats
- 1.5 scoops (40g) vanilla plant protein powder
- 2 tbsp chia seeds
- 2 tbsp ground flaxseed
- 3 tbsp hemp hearts
- 1 cup unsweetened almond milk
- 2 tbsp almond butter
- 1 tbsp sugar-free maple syrup
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 2 tbsp chopped walnuts
- 1/4 cup blueberries (limit for lower carbs)

Instructions

- 1 In a mason jar, combine oats, protein powder, chia seeds, flaxseed, hemp hearts, and cinnamon.
- 2 Add almond milk, almond butter, sugar-free maple syrup, and vanilla extract.
- 3 Stir well until protein powder is fully incorporated.
- 4 Seal and refrigerate overnight or for at least 8 hours.
- 5 In the morning, stir and add more liquid if needed.
- 6 Top with blueberries and chopped walnuts before serving.

Chef Tips

- Make multiple jars for several days of breakfast.
- Use a protein powder with minimal carbs for better macros.
- Substitute blueberries with raspberries for fewer carbs.
- Add a dash of salt to enhance the flavors.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 490 |
| Protein | 38g |
| Carbohydrates | 42g |
| Fat | 18g |
| Fiber | 20g |
| Sugar | 8g |

High-Protein Chickpea Pancakes

High-protein pancakes made with chickpea flour and fortified with plant protein. These savory-sweet pancakes provide a complete amino acid profile for muscle recovery.

🕒 Prep Time
10 mins

👤 Servings
1

🕒 Cook Time
15 mins

⚡ Calories
450

Macronutrients



Protein
40g



Carbs
35g



Fat
16g



Ingredients

- 1/2 cup chickpea flour
- 1.5 scoops (40g) vanilla plant protein powder
- 1/4 cup unflavored pea protein
- 1 tsp baking powder
- 1/2 tsp turmeric
- 1/4 tsp salt
- 3/4 cup unsweetened almond milk
- 2 tbsp ground flaxseed mixed with 4 tbsp water
- 1 tbsp sugar-free maple syrup
- 1 tsp vanilla extract
- Coconut oil for cooking
- 2 tbsp mixed berries for serving (limit for lower carbs)

Instructions

- 1 In a bowl, whisk together chickpea flour, protein powders, baking powder, turmeric, and salt.
- 2 In another bowl, combine almond milk, flax egg, sugar-free maple syrup, and vanilla.
- 3 Pour wet ingredients into dry ingredients and whisk until smooth.
- 4 Let batter rest for 5 minutes to thicken.
- 5 Heat coconut oil in a non-stick pan over medium heat.
- 6 Pour 1/4 cup batter per pancake and cook for 2-3 minutes until bubbles form.
- 7 Flip and cook for another 1-2 minutes until golden.
- 8 Serve with a small amount of berries and sugar-free syrup if desired.

Chef Tips

- Don't overmix the batter to keep pancakes light and fluffy.
- Add 1 tbsp nutritional yeast for a savory variation with more protein.
- These can be made ahead and frozen for quick weekday breakfasts.
- For a savory version, add herbs and serve with avocado instead of berries.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 450 |
| Protein | 40g |
| Carbohydrates | 35g |
| Fat | 16g |
| Fiber | 14g |
| Sugar | 6g |

LUNCH

Super Protein Quinoa Bowl

A complete protein bowl featuring quinoa, legumes, and vegetables. This nutrient-dense meal provides sustained energy and all essential amino acids.

⌚ Prep Time
20 mins

👤 Servings
1

⌚ Cook Time
15 mins

⚡ Calories
520

Macronutrients



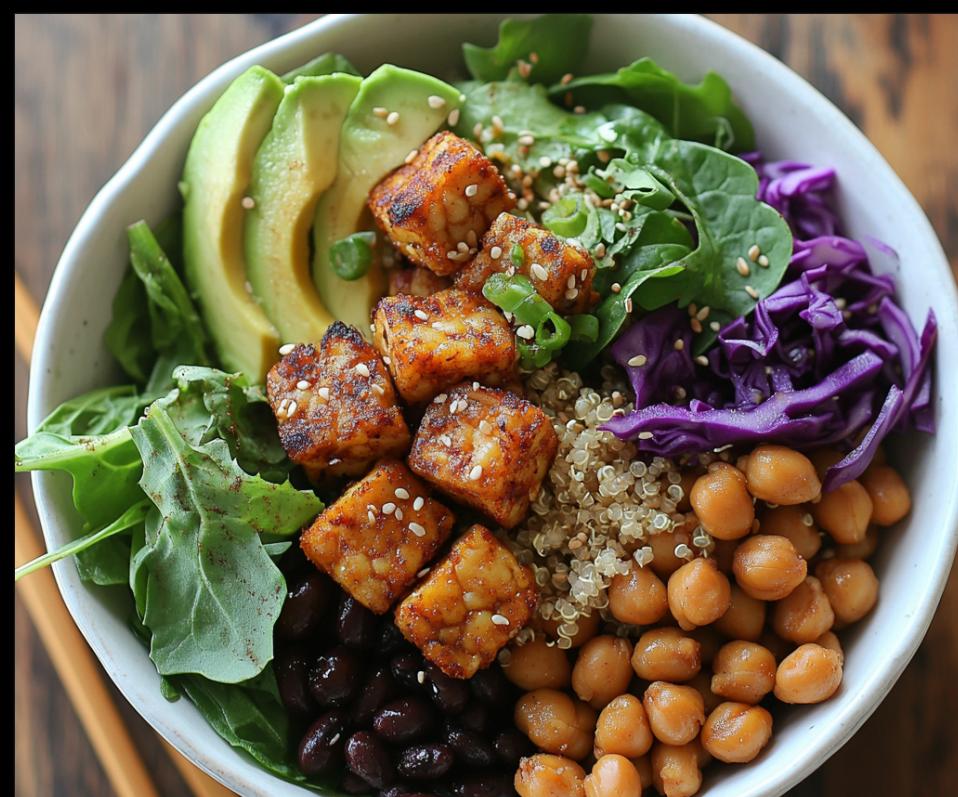
Protein
40g



Carbs
45g



Fat
20g



Ingredients

- 1/3 cup cooked quinoa (reduced for lower carbs)
- 1/2 cup tempeh, cubed
- 1/2 cup black beans, rinsed and drained
- 1/4 cup edamame, shelled
- 2 cups mixed greens
- 1/4 avocado, sliced
- 1/4 cup roasted chickpeas
- 3 tbsp hemp hearts
- 1/4 cup shredded purple cabbage
- 2 tbsp tahini dressing
- 1 tbsp pumpkin seeds
- 2 tbsp nutritional yeast
- 1 tsp tamari
- 1 tsp olive oil

Instructions

- 1 Marinate tempeh in tamari and olive oil for 10 minutes.
- 2 Pan-fry tempeh until golden brown, about 3-4 minutes per side.
- 3 Cook quinoa according to package instructions and let cool slightly.
- 4 Arrange mixed greens in a large bowl as the base.
- 5 Add quinoa, black beans, edamame, and roasted chickpeas.
- 6 Top with tempeh, avocado, purple cabbage, and hemp hearts.
- 7 Drizzle with tahini dressing and sprinkle with pumpkin seeds and nutritional yeast.

Chef Tips

- Meal prep by cooking quinoa, tempeh, and roasting chickpeas in advance.
- Add fermented vegetables for gut health benefits.
- Use less quinoa and more protein sources to maintain the protein-to-carb ratio.
- Season tempeh well for maximum flavor.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 520 |
| Protein | 40g |
| Carbohydrates | 45g |
| Fat | 20g |
| Fiber | 20g |
| Sugar | 6g |

LUNCH

High-Protein Lentil Bowl

A nourishing bowl centered around protein-rich lentils and plant-based protein boosters. This complete meal provides iron, folate, and plant-based protein.

🕒 Prep Time
15 mins

👤 Servings
1

🕒 Cook Time
25 mins

⌚ Calories
540

Macronutrients



Protein
42g



Carbs
48g



Fat
20g



Ingredients

- 1/2 cup cooked green lentils
- 1/4 cup pea protein crumbles (or TVP)
- 1/3 cup roasted sweet potato, cubed (reduced for lower carbs)
- 2 cups baby spinach
- 1/4 cup cucumber, diced
- 1/4 cup cherry tomatoes, halved
- 3 tbsp sunflower seeds
- 1/4 cup high-protein tofu hummus
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp za'atar seasoning
- 2 tbsp nutritional yeast
- Salt and pepper to taste

Instructions

- 1 Cook lentils according to package instructions and season with salt and pepper.
- 2 Rehydrate pea protein crumbles or TVP with vegetable broth.
- 3 Roast sweet potato cubes at 400°F for 20 minutes until tender.
- 4 Sauté pea protein crumbles with spices until browned.
- 5 Arrange spinach in a bowl and top with warm lentils and protein crumbles.
- 6 Add roasted sweet potato, cucumber, and cherry tomatoes.
- 7 Dollop high-protein tofu hummus on the side and sprinkle with sunflower seeds.
- 8 Sprinkle with nutritional yeast, drizzle with olive oil and lemon juice, then season with za'atar.

Chef Tips

- Cook lentils in vegetable broth for extra flavor.
- Add a handful of fresh herbs like parsley or cilantro.
- Make high-protein hummus by blending chickpeas with silken tofu and tahini.
- This bowl tastes great warm or at room temperature.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 540 |
| Protein | 42g |
| Carbohydrates | 48g |
| Fat | 20g |
| Fiber | 22g |
| Sugar | 8g |

LUNCH

Tempeh Protein Wrap

A portable, high-protein wrap featuring marinated tempeh and protein-rich fillings. Perfect for on-the-go nutrition with complete amino acids.

⌚ Prep Time
15 mins

👤 Servings
1

⌚ Cook Time
10 mins

⚡ Calories
490

Macronutrients



Protein
40g



Carbs
38g



Fat
22g



Ingredients

- 4 oz tempeh, sliced thin
- 1 high-protein, low-carb tortilla (or collard green wrap)
- 1/4 cup edamame hummus
- 1/4 avocado, mashed
- 1/2 cup spinach leaves
- 1/4 cup shredded carrots
- 3 tbsp hemp hearts
- 2 tbsp nutritional yeast
- 1 tbsp tahini
- 1 tsp tamari
- 1 tsp maple syrup
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 1 tbsp pumpkin seeds

Instructions

- 1 Marinate tempeh slices in tamari, maple syrup, garlic powder, and smoked paprika for 10 minutes.
- 2 Pan-fry tempeh for 3-4 minutes per side until golden and crispy.
- 3 Spread edamame hummus and mashed avocado on the tortilla.
- 4 Sprinkle with nutritional yeast for a cheesy flavor and extra protein.
- 5 Layer spinach, shredded carrots, and cooked tempeh.
- 6 Sprinkle with hemp hearts and pumpkin seeds.
- 7 Drizzle with tahini and roll tightly, tucking in the sides.
- 8 Cut in half diagonally and serve.

Chef Tips

- Steam tempeh for 10 minutes before marinating to reduce bitterness.
- Use a large collard green leaf instead of tortilla for lower carbs.
- Add a dash of hot sauce or sriracha for extra flavor.
- Wrap tightly in parchment paper for easy transport.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 490 |
| Protein | 40g |
| Carbohydrates | 38g |
| Fat | 22g |
| Fiber | 15g |
| Sugar | 6g |

LUNCH

Super Seed Protein Salad

A nutrient-dense salad featuring hemp seeds, tofu, and protein-rich seeds. Light yet satisfying with a perfect balance of healthy fats and complete proteins.

⌚ Prep Time
15 mins

👤 Servings
1

⌚ Cook Time
0 mins

⌚ Calories
480

Macronutrients



Protein
38g



Carbs
25g



Fat
30g



Ingredients

- 3 cups mixed greens (arugula, spinach, kale)
- 4 oz extra-firm tofu, cubed and baked
- 1/4 cup lupini beans (high protein, low carb)
- 4 tbsp hemp hearts
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 1/4 cup chickpeas, roasted
- 1/4 cup cucumber, diced
- 1/4 avocado, sliced
- 3 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions

- 1 Press and cube tofu, toss with 1 tbsp nutritional yeast, salt, and pepper.
- 2 Bake tofu at 400°F for 20 minutes until crispy, or air fry for 12 minutes.
- 3 Massage kale leaves with a pinch of salt to soften.
- 4 Combine all greens in a large bowl.
- 5 Add baked tofu, lupini beans, roasted chickpeas, cucumber, and avocado.
- 6 Sprinkle with hemp hearts, pumpkin seeds, sunflower seeds, and remaining nutritional yeast.
- 7 Whisk together lemon juice, olive oil, Dijon mustard, and garlic.
- 8 Drizzle dressing over salad and toss gently to combine.

Chef Tips

- Lupini beans are extremely high in protein and low in carbs - perfect for this ratio.
- Toast seeds with tamari for extra flavor.
- Bake tofu until extra crispy for better texture.
- This salad keeps well in the fridge for up to 2 days (store dressing separately).

Nutrition Facts

| | |
|---------------|------------|
| Calories | 480 |
| Protein | 38g |
| Carbohydrates | 25g |
| Fat | 30g |
| Fiber | 14g |
| Sugar | 4g |

DINNER

Black Bean Protein Plate

A hearty dinner plate featuring black beans and multiple protein sources. This complete meal provides fiber, folate, and plant-based iron for optimal recovery.

Prep Time
20 mins

Cook Time
25 mins

Servings
1

Calories
550

Macronutrients



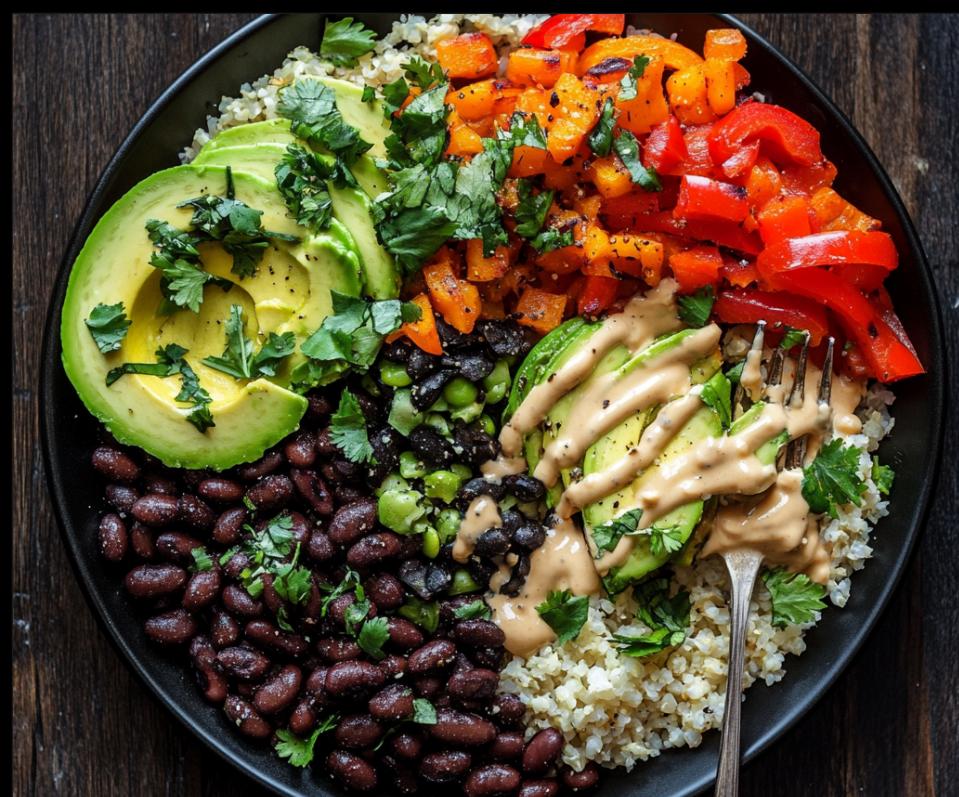
Protein
42g



Carbs
50g



Fat
20g



Ingredients

- 1/2 cup cooked black beans
- 1/4 cup pea protein crumbles
- 1/3 cup cauliflower rice (instead of regular rice)
- 1 cup roasted vegetables (bell peppers, zucchini, onions)
- 1/4 avocado, sliced
- 3 tbsp hemp hearts
- 2 tbsp nutritional yeast
- 1 tbsp tahini
- 1 tbsp lime juice
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp smoked paprika
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions

- 1 Sauté cauliflower rice with 1 tsp olive oil and a pinch of salt.
- 2 Season black beans with cumin, chili powder, and smoked paprika.
- 3 Cook pea protein crumbles according to package instructions, adding spices for flavor.
- 4 Roast vegetables at 425°F for 20-25 minutes until tender.
- 5 Warm seasoned black beans in a pan for 5 minutes.
- 6 Arrange cauliflower rice, black beans, protein crumbles, and roasted vegetables on a plate.
- 7 Top with avocado slices, hemp hearts, and nutritional yeast.
- 8 Drizzle with tahini mixed with lime juice and garnish with cilantro.

Chef Tips

- Use cauliflower rice instead of regular rice to reduce carbs while maintaining volume.
- Cook beans from scratch for better texture and flavor.
- Add a squeeze of lime juice to brighten the flavors.
- Meal prep by cooking beans and protein crumbles in large batches.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 550 |
| Protein | 42g |
| Carbohydrates | 50g |
| Fat | 20g |
| Fiber | 22g |
| Sugar | 6g |

DINNER

Seitan Protein Bowl

A high-protein dinner featuring seitan with colorful vegetables. This satisfying meal provides complete protein and essential nutrients for muscle recovery.

🕒 Prep Time
15 mins

👤 Servings
1

🕒 Cook Time
12 mins

⚡ Calories
520

Macronutrients



Protein
45g



Carbs
40g



Fat
20g



Ingredients

- 5 oz seitan, sliced (very high in protein)
- 2 cups mixed stir-fry vegetables
- 1/4 cup edamame, shelled
- 1/3 cup cooked quinoa (reduced for lower carbs)
- 1 tbsp sesame oil
- 2 tbsp tamari
- 1 tbsp rice vinegar
- 1 tsp fresh ginger, grated
- 2 cloves garlic, minced
- 1 tbsp sesame seeds
- 1 green onion, sliced
- 1 tsp sriracha (optional)
- 2 tbsp hemp hearts
- 1 tbsp nutritional yeast

Instructions

- 1 Heat sesame oil in a large pan or wok over high heat.
- 2 Add seitan and cook for 3-4 minutes until browned.
- 3 Add garlic and ginger, stir-fry for 30 seconds.
- 4 Add vegetables and edamame, stir-fry for 4-5 minutes until tender-crisp.
- 5 Mix tamari, rice vinegar, and sriracha in a small bowl.
- 6 Pour sauce over the stir-fry and toss to combine.
- 7 Serve over quinoa and garnish with sesame seeds, green onions, hemp hearts, and nutritional yeast.

Chef Tips

- Seitan is extremely high in protein - perfect for hitting protein goals.
- Use a variety of colorful vegetables for maximum nutrients.
- Make your own seitan for better texture and flavor control.
- Add cashews or peanuts for extra protein and crunch.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 520 |
| Protein | 45g |
| Carbohydrates | 40g |
| Fat | 20g |
| Fiber | 10g |
| Sugar | 8g |

DINNER

High-Protein Legume Pasta

A satisfying pasta dish using legume-based noodles and protein-rich additions. This comforting meal combines Italian flavors with plant-based nutrition.

Prep Time
15 mins

Servings
1

Cook Time
20 mins

Calories
550

Macronutrients



Protein
42g



Carbs
48g



Fat
18g



Ingredients

- 2 oz red lentil or edamame pasta (higher protein than regular pasta)
- 1/4 cup TVP, rehydrated
- 1/2 cup marinara sauce
- 1/4 cup white beans, mashed
- 2 cups baby spinach
- 3 tbsp nutritional yeast
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 cup sun-dried tomatoes, chopped
- 2 tbsp hemp hearts
- 1 tbsp pine nuts
- 1 tbsp fresh basil, chopped
- 1/4 tsp red pepper flakes
- Salt and pepper to taste

Instructions

- 1 Cook legume pasta according to package instructions until al dente (usually less time than regular pasta).
- 2 Rehydrate TVP with hot vegetable broth and Italian seasonings.
- 3 Heat olive oil in a large pan over medium heat.
- 4 Add garlic and red pepper flakes, sauté for 1 minute.
- 5 Add rehydrated TVP and cook until browned.
- 6 Add marinara sauce, mashed white beans, and sun-dried tomatoes.
- 7 Simmer for 5 minutes, then add spinach and cook until wilted.
- 8 Toss cooked pasta with the sauce mixture.
- 9 Serve topped with nutritional yeast, hemp hearts, pine nuts, and fresh basil.

Chef Tips

- Legume-based pastas have 2-3 times more protein than wheat pasta.
- Mashing some of the white beans creates a creamy texture while keeping beans in the sauce.
- TVP adds a meaty texture and boosts protein significantly.
- Add a splash of pasta water to help bind the sauce.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 550 |
| Protein | 42g |
| Carbohydrates | 48g |
| Fat | 18g |
| Fiber | 18g |
| Sugar | 10g |

DINNER

Ultimate Black Bean Burger

A protein-packed vegan burger that delivers on both nutrition and flavor. This hearty patty combines multiple plant proteins for a satisfying meal with the perfect macronutrient ratio.

Prep Time
20 mins

Cook Time
15 mins

Servings
1

Calories
520

Macronutrients

Protein
40g

Carbs
38g

Fat
22g



Ingredients

- 1/3 cup black beans, rinsed and drained
- 1/4 cup vital wheat gluten
- 1/4 cup TVP (textured vegetable protein), rehydrated
- 2 tbsp hemp hearts
- 2 tbsp nutritional yeast
- 1 tbsp unflavored pea protein powder
- 1 tbsp ground flaxseed mixed with 2 tbsp water
- 1 tbsp olive oil
- 2 tsp tamari or soy sauce
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cumin
- 1/4 tsp black pepper
- 1 large lettuce leaf (for wrapping instead of bun)
- Toppings: 1 tbsp vegan mayo, sliced tomato, red onion, avocado

Instructions

- 1 Rehydrate TVP with hot vegetable broth for 10 minutes, then drain well.
- 2 In a food processor, pulse black beans a few times until partially mashed but still chunky.
- 3 In a large bowl, combine beans, rehydrated TVP, vital wheat gluten, hemp hearts, nutritional yeast, and pea protein powder.
- 4 Add flax egg, tamari, and all seasonings. Mix thoroughly until well combined.
- 5 Let mixture rest for 5 minutes to allow the gluten to develop.
- 6 Form into a large patty about 3/4 inch thick.
- 7 Heat olive oil in a non-stick pan over medium heat.
- 8 Cook patty for 4-5 minutes per side until golden brown and firm.
- 9 Serve on a large lettuce leaf with toppings of choice.

Chef Tips

- Vital wheat gluten creates a meaty texture and adds significant protein.
- Don't overprocess the beans - keeping some texture makes a better burger.
- For meal prep, make several patties and freeze them uncooked between parchment paper.
- Serve with a side of roasted vegetables or a simple side salad for a complete meal.
- For a lower-carb option, serve in a lettuce wrap instead of a bun.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 520 |
| Protein | 40g |
| Carbohydrates | 38g |
| Fat | 22g |
| Fiber | 16g |
| Sugar | 4g |

Protein Energy Balls

Portable energy balls packed with plant-based protein and healthy fats. Perfect for pre-workout fuel or between-meal snacks.

🕒 Prep Time
15 mins

👤 Servings
10

Cook Time
0 mins (30 mins refrigeration)

⚡ Calories
140

Macronutrients

grams
8g

Protein

grams
10g

Carbs

grams
8g

Fat



Ingredients

- 1/2 cup pitted dates, soaked (reduced for lower carbs)
- 1/2 cup almonds
- 1/4 cup hemp hearts
- 2 tbsp chia seeds
- 2 tbsp cacao powder
- 1.5 scoops (35g) vanilla plant protein powder
- 2 tbsp almond butter
- 1 tsp vanilla extract
- Pinch of salt
- 1 tbsp coconut oil
- Coconut flakes for rolling (optional)

Instructions

- 1 Soak dates in warm water for 10 minutes, then drain.
- 2 Process almonds in a food processor until finely chopped.
- 3 Add dates, hemp hearts, chia seeds, cacao powder, and protein powder.
- 4 Process until mixture forms a sticky dough.
- 5 Add almond butter, vanilla, coconut oil, and salt. Process until combined.
- 6 Roll mixture into 10 balls using your hands.
- 7 Roll in coconut flakes if desired and refrigerate for 30 minutes.

Chef Tips

- Store in the refrigerator for up to one week.
- Using fewer dates and more protein powder improves the protein-to-carb ratio.
- Add different superfoods like spirulina or maca powder.
- Double the recipe and freeze half for later.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 140 |
| Protein | 8g |
| Carbohydrates | 10g |
| Fat | 8g |
| Fiber | 4g |
| Sugar | 6g |

High-Protein Edamame Hummus

A protein-rich twist on traditional hummus using edamame beans and protein boosters. This vibrant green dip provides complete protein and essential amino acids.

Prep Time
10 mins

Servings
6

Cook Time
0 mins

Calories
130

Macronutrients



Protein
10g



Carbs
8g



Fat
6g



Ingredients

- 1 cup shelled edamame, cooked
- 1/4 cup silken tofu
- 2 tbsp tahini
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp unflavored pea protein powder
- 2 tbsp water
- 1/4 tsp salt
- 1/4 tsp cumin
- 2 tbsp fresh herbs (basil or cilantro)
- Hemp hearts for garnish

Instructions

- 1 Cook edamame according to package instructions and let cool.
- 2 Add edamame, silken tofu, tahini, lemon juice, and garlic to a food processor.
- 3 Process until smooth, adding water as needed for consistency.
- 4 Add olive oil, pea protein powder, salt, cumin, and fresh herbs.
- 5 Process until creamy and well combined.
- 6 Transfer to a bowl and garnish with hemp hearts and a drizzle of olive oil.

Chef Tips

- Silken tofu adds creaminess and extra protein without changing the flavor.
- Serve with vegetable sticks or seed crackers for a low-carb option.
- Add a pinch of red pepper flakes for heat.
- This hummus keeps well in the fridge for up to 5 days.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 130 |
| Protein | 10g |
| Carbohydrates | 8g |
| Fat | 6g |
| Fiber | 4g |
| Sugar | 1g |

Super Protein Smoothies

A collection of high-protein smoothies using various plant-based protein sources. Perfect for post-workout recovery or meal replacement.

🕒 Prep Time
5 mins

👤 Servings
1

🕒 Cook Time
0 mins

⚡ Calories
350

Macronutrients



Protein
40g



Carbs
25g



Fat
12g



Ingredients

- Base Recipe:
- 1.5 scoops (40g) plant protein powder
- 1/4 cup silken tofu
- 1 cup unsweetened almond milk
- 1/2 tbsp MCT oil or coconut oil
- 1 tbsp ground flaxseed
- Ice cubes as needed
-
- Green Goddess Variation:
- Base + 1 cup spinach + 1/4 avocado + 1 tsp spirulina (no fruit for lower carbs)
-
- Chocolate PB Variation:
- Base + 1 tbsp cacao powder + 1 tbsp peanut butter + 1 tsp maca + stevia to taste
-
- Berry Protein Variation:
- Base + 1/4 cup mixed berries + 1 tbsp chia seeds + stevia to taste

Instructions

- 1 Add all ingredients to a high-speed blender.
- 2 Blend until smooth and creamy, about 60 seconds.
- 3 Add more liquid if needed to reach desired consistency.
- 4 Add ice for thickness without extra carbs.
- 5 Pour into a glass and enjoy immediately.

Chef Tips

- Silken tofu adds creaminess and protein without affecting flavor.
- Use frozen cauliflower for thickness instead of banana to reduce carbs.
- Add a pinch of salt to enhance flavors.
- Prep smoothie packs with all ingredients except liquid for quick blending.

Nutrition Facts

| | |
|---------------|------------|
| Calories | 350 |
| Protein | 40g |
| Carbohydrates | 25g |
| Fat | 12g |
| Fiber | 8g |
| Sugar | 6g |

Protein-Boosted Snacks

A collection of B-vitamin rich, high-protein snacks. These umami-packed treats provide essential nutrients often lacking in plant-based diets.

Prep Time
Varies

Cook Time
Varies

Servings
Varies

Calories
Varies

Macronutrients



Protein
Varies



Carbs
Varies



Fat
Varies



Ingredients

- Protein Kale Chips:
 - 4 cups kale, stems removed
 - 2 tbsp olive oil
 - 3 tbsp nutritional yeast
 - 1 tbsp hemp protein powder
 - 1/2 tsp garlic powder
 - Salt to taste
 -
- Protein Popcorn:
 - 3 cups air-popped popcorn
 - 1 tbsp olive oil
 - 2 tbsp nutritional yeast
 - 1 tbsp hemp hearts
 - 1 tbsp pea protein powder
 - 1/2 tsp smoked paprika
 -
- Super Seed Mix:
 - 1/4 cup pumpkin seeds
 - 1/4 cup sunflower seeds
 - 2 tbsp hemp hearts
 - 2 tbsp nutritional yeast
 - 1 tsp tamari
 - 1/2 tsp garlic powder

Instructions

- 1 Protein Kale Chips:
 - 2 Massage kale with olive oil, then toss with nutritional yeast, hemp protein, and seasonings.
 - 3 Bake at 300°F for 20-25 minutes until crispy.
 - 4
- 5 Protein Popcorn:
 - 6 Drizzle popped corn with olive oil and toss with all seasonings.
 - 7 Mix well to coat evenly.
 - 8
- 9 Super Seed Mix:
 - 10 Toast seeds in a dry pan, then toss with tamari and seasonings while warm.
 - 11 Let cool completely before storing.

Chef Tips

- Adding protein powders to snacks boosts protein content significantly.
- Store kale chips in an airtight container to maintain crispiness.
- Nutritional yeast provides B12, essential for vegans.
- These snacks are perfect for satisfying savory cravings while adding protein.

Nutrition Facts

| | |
|---------------|--------------------------|
| Calories | Varies by snack |
| Protein | 5-10g per serving |
| Carbohydrates | 5-10g per serving |
| Fat | 5-10g per serving |
| Fiber | 2-5g per serving |
| Sugar | 1-2g per serving |