



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

- 4 09 Black Bean Protein Plate
- 5 10 Seitan Protein Bowl
- 6 11 High-Protein Legume Pasta
- 7 12 Ultimate Black Bean Burger

LUNCH

- 8 05 Super Protein Quinoa Bowl
- 9 06 High-Protein Lentil Bowl
- 10 07 Tempeh Protein Wrap
- 11 08 Super Seed Protein Salad

SNACKS & SIDES

- 12 13 Protein Energy Balls
- 13 14 High-Protein Edamame Hummus
- 14 15 Super Protein Smoothies
- 15 16 Protein-Boosted Snacks

Macro Count Disclaimer

The macronutrient values provided in this cookbook are estimates based on standard ingredient databases and serving sizes.

For the most accurate tracking: We recommend entering each recipe into your preferred nutrition tracking app (such as MyFitnessPal, Cronometer, or similar) using the specific brands and quantities you use.

Actual macronutrient values may vary based on specific ingredient brands, preparation methods, portion sizes, and ingredient substitutions.

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



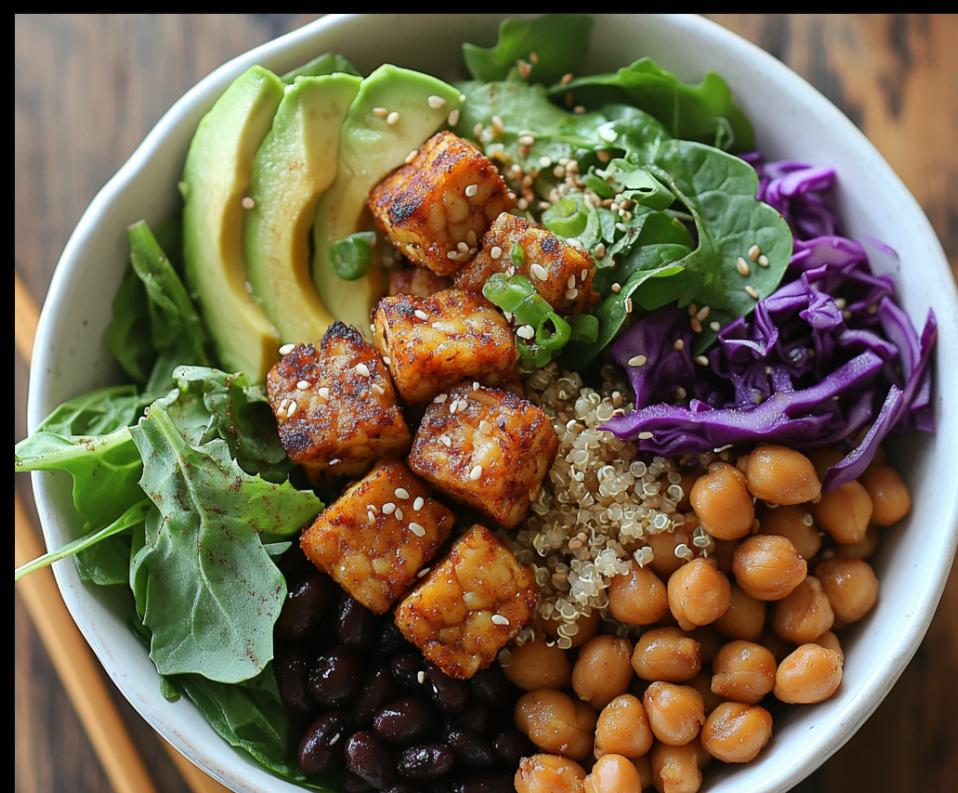
Protein
40g



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



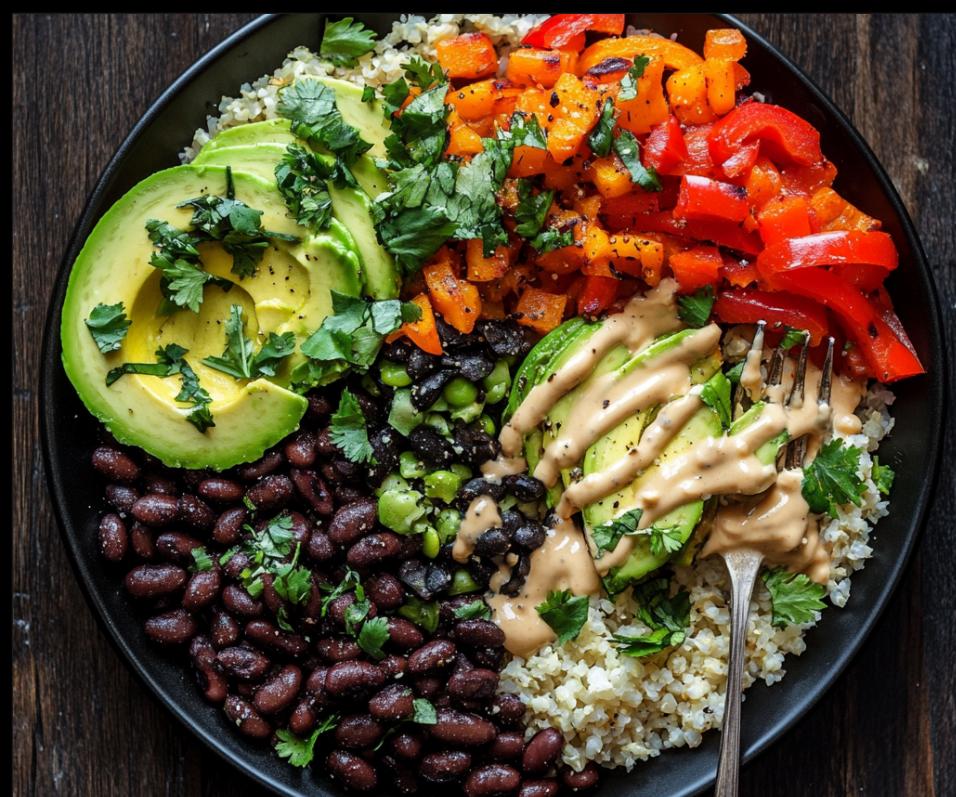
Protein
42g



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
Protein
8g

grams
Carbs
10g

grams
Fat
8g



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