

30-Day Vegan Weight Loss Meal Plan

1500 calories per day of filling, satisfying plant-based
meals

VeganPreps

How This Plan Works

Weight loss comes down to eating fewer calories than your body uses. This plan targets 1500 calories per day, which creates a moderate deficit for most adults. Plant-based meals make this easier because vegetables, beans, and whole grains are high in volume but low in calorie density – you eat more food for fewer calories.

Why Plant-Based Works for Weight Loss

- Vegetables and fruits are 80–95% water, so you eat large portions for very few calories
- Fiber from beans, lentils, and whole grains keeps you full longer
- No calorie-dense dairy (cheese, cream, butter) in your meals
- Soups and salads take up a lot of stomach space with fewer calories

What You Get

- 4 weeks of meal plans with exact calorie breakdowns per meal
- Weekly grocery lists organized by store section
- Weekly prep schedules to batch-cook staples
- Calorie density education to make smarter food choices
- 65+ low-calorie recipes from the VeganPreps collection

IMPORTANT

1500 calories per day is appropriate for most adults seeking moderate weight loss. If you are very active, tall, or male, you may need 1600–1800 calories instead. Adjust portion sizes as needed. Consult a healthcare professional before starting any calorie-restricted diet.

For the full recipe collection with step-by-step instructions, visit veganpreps.com.

The Weight Loss Plate Formula

Follow this ratio at every meal and you will naturally eat fewer calories.

50%

VEGETABLES

Broccoli, spinach, zucchini, cauliflower, bell peppers, tomatoes, carrots, kale, mushrooms, green beans. Lowest calorie density. Eat as much as you want.

25%

PROTEIN

Tofu, lentils, chickpeas, black beans, edamame. Keeps you full and preserves muscle. Aim for 15–20g protein per meal.

25%

COMPLEX CARBS

Brown rice, quinoa, sweet potato, whole grain bread, oats. Provides energy and fiber. Keep portions measured – this is where extra calories hide.

THE VOLUME TRICK

Start every lunch and dinner with a large portion of vegetables or a bowl of broth-based soup. This fills your stomach before the calorie-dense food arrives. Studies show this reduces total meal calories by 15–20% without feeling restricted.

Week 1: Getting Started

Simple, filling meals. Focus on vegetables and soups. Target ~1500 cal/day.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Mon	Oat Porridge with Banana & Cinnamon (1/3 cup oats, 1 banana, oat milk) ~310 cal	Large Mixed Green Salad with Chickpeas (3 cups greens, 1/2 cup chickpeas, lemon dressing) ~340 cal	Vegetable Lentil Soup + Bread Slice (1.5 cups soup, 1 thin slice) ~380 cal	Apple + Small Handful of Almonds (1 apple, 10 almonds) ~160 cal	~1190
Tue	Green Smoothie (1 cup spinach, 1 banana, 1 cup oat milk) ~260 cal	Black Bean & Vegetable Soup (1.5 cups, black beans + mixed veg) ~290 cal	Tofu Stir-Fry with Vegetables & Brown Rice (150g tofu, mixed veg, 1/2 cup rice) ~420 cal	Carrot + Cucumber Sticks with Hummus (1 carrot, 1/2 cucumber, 2 tbsp hummus) ~140 cal	~1110
Wed	Overnight Oats with Berries (1/3 cup oats, oat milk, 1/4 cup berries) ~300 cal	Quinoa & Roasted Vegetable Bowl (1/2 cup quinoa, roasted veg medley) ~370 cal	Chickpea & Spinach Curry (1/2 cup chickpeas, spinach, light coconut milk) ~380 cal	Small Banana (1 small banana) ~100 cal	~1150
Thu	Toast with Avocado & Tomato Slices (1 slice bread, 1/4 avocado, 3 tomato slices) ~290 cal	Leftover Chickpea Spinach Curry (1 cup, reheated) ~380 cal	Large Vegetable Soup with White Beans (2 cups soup, 1/3 cup beans) ~320 cal	Handful of Cherry Tomatoes (8-10 cherry tomatoes) ~30 cal	~1020
Fri	Oat Porridge with Apple & Cinnamon (1/3 cup oats, 1/2 apple diced, oat milk) ~300 cal	Lentil Salad with Lemon Dressing (3/4 cup lentils, greens, lemon vinaigrette) ~340 cal	Zucchini Noodles with Marinara & Tofu (2 zucchini spiralized, 100g tofu, 1/2 cup marinara) ~350 cal	Rice Cake with Thin PB Layer (1 rice cake, 1/2 tbsp PB) ~150 cal	~1140
Sat	Tofu Scramble with Bell Peppers & Spinach (150g tofu, 1/2 pepper, 1 cup spinach) ~280 cal	Mixed Bean Salad with Lemon Vinaigrette (1 cup mixed beans, veggies, lemon) ~340 cal	Cauliflower & Potato Curry with Rice (1 cup curry, 1/3 cup rice) ~400 cal	Cucumber Slices + Hummus (1/2 cucumber, 2 tbsp hummus) ~120 cal	~1140

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Sun	Berry Banana Smoothie (1/4 cup berries, 1 banana, 1 cup oat milk, spinach) ~270 cal	Roasted Vegetable & Quinoa Bowl (1/2 cup quinoa, roasted veg medley) ~360 cal	Lentil Soup + Side Salad (1.5 cups soup, 1 cup side salad) ~340 cal	Apple Slices (1 medium apple, sliced) ~80 cal	~1050

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 1 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|--|--|
| ☐ Bananas (5) | ☐ Cherry tomatoes (1 pint) |
| ☐ Apples (3) | ☐ Cucumbers (3) |
| ☐ Berries (1 pint or 2 frozen bags) | ☐ Carrots (2 lb bag) |
| ☐ Spinach (2 large bags) | ☐ Celery (1 bunch) |
| ☐ Kale (1 bunch) | ☐ Avocado (1) |
| ☐ Broccoli (2 heads) | ☐ Onions (3 lb bag) |
| ☐ Zucchini (3) | ☐ Garlic (1 head) |
| ☐ Cauliflower (1 head) | ☐ Lemons (3) |
| ☐ Bell peppers (3) | ☐ Potatoes (2 lbs) |
| ☐ Tomatoes (4) | ☐ Mixed salad greens (2 bags) |

GRAINS & BREAD

- | | |
|---|---|
| ☐ Rolled oats (large canister) | ☐ Whole grain bread (1 loaf) |
| ☐ Brown rice (1 lb bag) | ☐ Rice cakes (1 pack) |
| ☐ Quinoa (1 lb bag) | |

BEANS & PROTEIN

- | | |
|--|---|
| ☐ Firm tofu (2 blocks) | ☐ Canned white beans (1 can) |
| ☐ Dry red lentils (1 lb bag) | ☐ Almonds (small bag, 4 oz) |
| ☐ Canned chickpeas (2 cans) | ☐ Hummus (1 large container) |
| ☐ Canned black beans (2 cans) | |

CANNED & PANTRY

- | | |
|---|---|
| ☐ Vegetable broth (3 cartons, 32 oz) | ☐ Canned diced tomatoes (2 cans) |
|---|---|

- ☐ Marinara sauce (1 jar)
- ☐ Light coconut milk (1 can)
- ☐ Soy sauce (1 bottle)
- ☐ Olive oil (small bottle)
- ☐ Apple cider vinegar
- ☐ Curry powder
- ☐ Cinnamon
- ☐ Ground flaxseed (1 small bag)
- ☐ Chia seeds (1 small bag)

OTHER

- ☐ Plant milk – oat, unsweetened (half gallon)
- ☐ Frozen mixed berries (1 bag)

Week 1 Prep Schedule

60–90 minutes on Sunday. Prepped meals prevent reaching for high-calorie convenience food.

STEP 1 (20 MIN)

Make a large pot of lentil vegetable soup

Red lentils + onion + carrot + celery + broth + diced tomatoes. Makes 6+ servings. Monday dinner + more all week.

STEP 2 (15 MIN)

Cook quinoa and brown rice

1 cup quinoa, 1 cup brown rice. Smaller portions than usual – portion into 1/2 cup servings.

STEP 3 (15 MIN)

Prep all vegetables for the week

Wash and chop: broccoli, bell peppers, zucchini, carrots, celery, cucumbers. Store in containers. Ready for stir-fries, salads, snacking.

STEP 4 (10 MIN)

Make overnight oats (2 jars)

1/2 cup oats + 1 cup oat milk + 1 tbsp chia seeds per jar. No added sweetener. Add berries before eating.

STEP 5 (10 MIN)

Prep salad base containers

3 containers: mixed greens + shredded carrot + cucumber. Add protein (chickpeas, tofu) and dressing day-of.

Week 2: Building Momentum

More variety, same calorie target. Introducing new flavors. Target ~1500 cal/day.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Mon	Overnight Oats with Chia & Berries (1/3 cup oats, 1 tbsp chia, berries) ~310 cal	Broccoli & White Bean Soup (1.5 cups, broccoli + white beans) ~280 cal	Tofu & Vegetable Bowl with Quinoa (150g tofu, 1/2 cup quinoa, roasted veg) ~420 cal	Celery Sticks + Hummus (3 stalks celery, 2 tbsp hummus) ~120 cal	~1130
Tue	Green Smoothie Bowl (1 cup spinach, 1/2 mango, 2 tbsp oats) ~290 cal	Chickpea & Cucumber Salad Wrap (1/3 cup chickpeas, cucumber, 1 wrap) ~340 cal	Red Lentil Soup + Steamed Broccoli (1.5 cups soup, 1 cup broccoli) ~350 cal	Small Orange (1 small orange) ~60 cal	~1040
Wed	Oat Porridge with Stewed Apples (1/3 cup oats, 1 stewed apple, oat milk) ~300 cal	Quinoa Tabbouleh with Chickpeas (1/2 cup quinoa, 1/3 cup chickpeas, herbs) ~360 cal	Vegetable Stir-Fry with Tofu & Rice Noodles (100g tofu, 150g noodles, mixed veg) ~380 cal	Carrot Sticks + Hummus (2 carrots, 2 tbsp hummus) ~130 cal	~1170
Thu	Toast with Mashed Avocado & Lemon (1 slice bread, 1/4 avocado, lemon juice) ~280 cal	Leftover Vegetable Stir-Fry (1 large bowl, reheated) ~380 cal	Black Bean Soup with Side Salad (1.5 cups soup, 1 cup side salad) ~340 cal	Handful of Grapes (15 grapes) ~60 cal	~1060
Fri	Berry Oat Smoothie (1/3 cup oats, 1/2 cup berries, 1 cup oat milk) ~280 cal	Lentil & Roasted Beet Salad (1/2 cup lentils, 1 roasted beet, greens) ~350 cal	Tofu & Mushroom Stir-Fry with Brown Rice (150g tofu, mushrooms, 1/3 cup rice) ~400 cal	Apple + 8 Almonds (1 small apple, 8 almonds) ~140 cal	~1170
Sat	Tofu Scramble with Mushrooms & Spinach (100g tofu, mushrooms, spinach) ~270 cal	Large Minestrone Soup + Bread Slice (2 cups soup, 1 thin slice bread) ~340 cal	Stuffed Bell Peppers with Quinoa & Beans (2 peppers, 1/3 cup quinoa, 1/3 cup beans) ~380 cal	Cucumber + Cherry Tomatoes (1/2 cucumber, 5 cherry tomatoes) ~40 cal	~1030

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Sun	Overnight Oats with Banana & Flax (1/3 cup oats, 1 banana, 1 tbsp flax) ~310 cal	Chickpea & Kale Salad with Lemon Dressing (1/3 cup chickpeas, 2 cups kale, lemon) ~330 cal	Cauliflower Rice Stir-Fry with Tofu (1 cup cauli rice, 100g tofu, veggies) ~340 cal	Small Pear (1 small pear) ~80 cal	~1060

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 2 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|--|---|
| ☐ Bananas (3) | ☐ Cherry tomatoes (1 pint) |
| ☐ Apples (2) | ☐ Carrots (1 lb bag) |
| ☐ Mango (1 frozen bag or 1 fresh) | ☐ Celery (1 bunch) |
| ☐ Berries (1 pint or frozen) | ☐ Avocado (1) |
| ☐ Spinach (2 bags) | ☐ Onions (2 lbs) |
| ☐ Kale (1 bunch) | ☐ Garlic (1 head) |
| ☐ Broccoli (1 head) | ☐ Lemons (3) |
| ☐ Mushrooms (8 oz) | ☐ Pear (1) |
| ☐ Bell peppers (4) | ☐ Grapes (small bunch) |
| ☐ Cauliflower (1 head) | ☐ Orange (1) |
| ☐ Beets (2) | ☐ Mixed greens (2 bags) |
| ☐ Cucumbers (3) | |

GRAINS & BREAD

- | | |
|--|---|
| ☐ Brown rice (if running low) | ☐ Whole grain bread (1 loaf) |
| ☐ Quinoa (if running low) | ☐ Rice cakes (1 pack) |
| ☐ Rice noodles (1 pack) | ☐ Flour tortillas - small (1 pack) |

BEANS & PROTEIN

- | | |
|---|--|
| ☐ Firm tofu (2 blocks) | ☐ Canned white beans (2 cans) |
| ☐ Dry red lentils (if running low) | ☐ Canned kidney beans (1 can) |
| ☐ Canned chickpeas (2 cans) | ☐ Almonds (small bag) |
| ☐ Canned black beans (1 can) | ☐ Hummus (1 container) |

CANNED & PANTRY

- ☐ Vegetable broth (2 cartons)
- ☐ Canned diced tomatoes (2 cans)
- ☐ Light coconut milk (1 can)
- ☐ Soy sauce
- ☐ Balsamic vinegar

- ☐ Rice vinegar
- ☐ Olive oil
- ☐ Curry powder
- ☐ Fresh ginger (1 knob)

OTHER

- ☐ Plant milk – oat, unsweetened (half gallon)
- ☐ Frozen berries (if needed)

Week 2 Prep Schedule

60–90 minutes on Sunday. Prepped meals prevent reaching for high-calorie convenience food.

STEP 1 (15 MIN)

Make broccoli white bean soup

Broccoli + white beans + onion + garlic + broth. Blend half for creamy texture. Monday lunch.

STEP 2 (15 MIN)

Cook quinoa and prep cauliflower rice

1 cup quinoa cooked. Buy frozen cauliflower rice or pulse fresh cauliflower in food processor.

STEP 3 (15 MIN)

Bake tofu for the week

2 blocks pressed, cubed, baked at 400F with soy sauce. Use in stir-fries and bowls.

STEP 4 (15 MIN)

Make minestrone soup base

Kidney beans + diced tomatoes + onion + celery + carrot + broth. Saturday lunch.

STEP 5 (10 MIN)

Prep overnight oats and cut vegetables

2 jars overnight oats. Cut all snacking vegetables. Store hummus portions.

Week 3: International Flavors

Thai, Italian, and Indian-inspired meals. All under 1500 cal/day.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Mon	Oat Porridge with Berries & Flax (1/3 cup oats, 1/4 cup berries, 1 tbsp flax) ~310 cal	Thai-Inspired Vegetable Soup with Tofu (1.5 cups soup, 100g tofu cubes) ~310 cal	Lentil & Sweet Potato Curry (1 cup curry, 1/2 sweet potato, light coconut) ~400 cal	Carrot + Celery + Hummus (1 carrot, 2 stalks celery, 2 tbsp hummus) ~140 cal	~1160
Tue	Green Smoothie (1 cup kale, 1 banana, 1 cup oat milk) ~260 cal	Quinoa & Black Bean Salad (1/2 cup quinoa, 1/3 cup beans, veggies) ~360 cal	Steamed Vegetables with Tofu & Soy-Ginger Sauce (2 cups veg, 150g tofu, 1 tbsp sauce) ~340 cal	Small Apple (1 small apple) ~80 cal	~1040
Wed	Overnight Oats with Mango & Coconut (1/3 cup oats, 1/3 mango, 1 tbsp coconut flakes) ~310 cal	Roasted Cauliflower & Chickpea Bowl (1 cup cauliflower, 1/3 cup chickpeas, tahini) ~370 cal	Vegetable & Bean Soup (1.5 cups, mixed beans + Italian herbs) ~310 cal	Rice Cake + Thin Avocado Spread (1 rice cake, 2 tbsp avocado) ~140 cal	~1130
Thu	Toast with Tomato & White Bean Spread (1 slice bread, 3 tbsp bean spread) ~270 cal	Leftover Italian Bean Soup + Side Salad (1.5 cups soup, 1 cup salad) ~350 cal	Tofu & Vegetable Fried Rice (100g tofu, 1 cup cauli rice + veg) ~360 cal	Handful of Cherry Tomatoes + Cucumber (5 tomatoes, 1/4 cucumber) ~40 cal	~1020
Fri	Berry Banana Smoothie (1/4 cup berries, 1 banana, 1 cup oat milk) ~270 cal	Lentil & Spinach Salad with Balsamic (1/2 cup lentils, 2 cups spinach, balsamic) ~340 cal	Zucchini & Chickpea Stir-Fry with Quinoa (1 zucchini, 1/3 cup chickpeas, 1/2 cup quinoa) ~390 cal	Small Orange (1 small orange) ~60 cal	~1060
Sat	Tofu Scramble with Vegetables (150g tofu, mixed bell peppers, onion) ~280 cal	Gazpacho + Bread Slice (2 cups gazpacho, 1 thin slice bread) ~300 cal	Bean & Vegetable Burrito Bowl (1/2 cup beans, extra veggies, salsa, no rice) ~400 cal	Celery + Hummus (3 stalks celery, 2 tbsp hummus) ~110 cal	~1090

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Sun	Oat Porridge with Stewed Pears (1/3 cup oats, 1 stewed pear, oat milk) ~300 cal	Roasted Vegetable & Lentil Salad (roasted veg medley, 1/2 cup lentils) ~360 cal	Mushroom & Spinach Soup + Bread Slice (1.5 cups soup, 1 thin slice bread) ~310 cal	Small Banana (1 small banana) ~100 cal	~1070

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 3 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|---|---|
| ☐ Bananas (4) | ☐ Cherry tomatoes (1 pint) |
| ☐ Apples (1) | ☐ Cucumbers (2) |
| ☐ Mango (1 or frozen) | ☐ Carrots (1 lb bag) |
| ☐ Berries (frozen bag) | ☐ Celery (1 bunch) |
| ☐ Spinach (2 bags) | ☐ Avocado (1) |
| ☐ Kale (1 bunch) | ☐ Onions (2 lbs) |
| ☐ Cauliflower (1 large head) | ☐ Garlic (1 head) |
| ☐ Zucchini (2) | ☐ Lemons/limes (3) |
| ☐ Mushrooms (8 oz) | ☐ Pear (1) |
| ☐ Bell peppers (3) | ☐ Orange (1) |
| ☐ Sweet potatoes (2) | ☐ Fresh ginger (1 knob) |
| ☐ Tomatoes (4) | ☐ Mixed greens (2 bags) |

GRAINS & BREAD

- | | |
|--|---|
| ☐ Quinoa (if running low) | ☐ Whole grain bread (1 loaf) |
| ☐ Cauliflower rice (1 frozen bag) | ☐ Rice cakes (1 pack) |

BEANS & PROTEIN

- | | |
|---|--|
| ☐ Firm tofu (2 blocks) | ☐ Canned white beans (2 cans) |
| ☐ Dry red lentils (if running low) | ☐ Canned kidney beans (1 can) |
| ☐ Canned chickpeas (2 cans) | ☐ Hummus (1 container) |
| ☐ Canned black beans (1 can) | |

CANNED & PANTRY

- ☐ Vegetable broth (2 cartons)
- ☐ Canned diced tomatoes (2 cans)
- ☐ Light coconut milk (1 can)
- ☐ Soy sauce

- ☐ Balsamic vinegar
- ☐ Olive oil
- ☐ Curry powder
- ☐ Shredded coconut – unsweetened (small bag)

OTHER

- ☐ Plant milk – oat, unsweetened (half gallon)

Week 3 Prep Schedule

60–90 minutes on Sunday. Prepped meals prevent reaching for high-calorie convenience food.

STEP 1 (20 MIN)

Make lentil sweet potato curry

Red lentils + sweet potato + light coconut milk + curry powder. Monday dinner + leftovers.

STEP 2 (15 MIN)

Roast cauliflower and chickpeas

Cauliflower florets + drained chickpeas + olive oil (light) + cumin. Bake 25 min. Wednesday lunch.

STEP 3 (15 MIN)

Make Italian bean soup

White beans + kidney beans + diced tomatoes + broth + Italian herbs. Wednesday dinner + Thursday lunch.

STEP 4 (10 MIN)

Cook quinoa

1.5 cups dry quinoa. Use for bowls, salads, and stuffed vegetables.

STEP 5 (10 MIN)

Prep overnight oats and vegetables

2 jars overnight oats. Wash and cut all vegetables for the week. Prep salad containers.

Week 4: Sustainable Habits

Full variety with established patterns. Target ~1500 cal/day.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Mon	Overnight Oats with Apple & Cinnamon (1/3 cup oats, 1/2 apple, cinnamon, oat milk) ~300 cal	Large Lentil & Vegetable Soup (2 cups, lentils + mixed veg) ~320 cal	Tofu & Broccoli Stir-Fry with Brown Rice (150g tofu, 2 cups broccoli, 1/3 cup rice) ~400 cal	Carrot + Cucumber Sticks (1 carrot, 1/2 cucumber) ~50 cal	~1070
Tue	Green Smoothie (spinach, mango, oat milk) ~260 cal	Chickpea & Tomato Salad with Herbs (1/2 cup chickpeas, 2 tomatoes, fresh herbs) ~340 cal	Cauliflower Curry with Quinoa (1 cup curry, 1/3 cup quinoa) ~380 cal	Small Apple + 6 Almonds (1 small apple, 6 almonds) ~130 cal	~1110
Wed	Oat Porridge with Berries (1/3 cup oats, 1/4 cup berries, oat milk) ~290 cal	Bean & Vegetable Wrap (1/3 cup beans, mixed veg, 1 whole grain wrap) ~350 cal	Vegetable & Tofu Clear Broth Soup + Rice (1.5 cups broth, 100g tofu, 1/3 cup rice) ~340 cal	Cucumber Slices + Hummus (1/2 cucumber, 2 tbsp hummus) ~120 cal	~1100
Thu	Toast with Mashed White Beans & Tomato (1 slice bread, 3 tbsp bean spread, tomato) ~270 cal	Quinoa & Roasted Vegetable Salad (1/2 cup quinoa, roasted veg medley) ~370 cal	Red Lentil Soup + Steamed Green Beans (1.5 cups soup, 1 cup green beans) ~330 cal	Small Pear (1 small pear) ~80 cal	~1050
Fri	Berry Smoothie (1 banana, 1/4 cup berries, 1 cup spinach, oat milk) ~260 cal	Roasted Sweet Potato & Black Bean Bowl (1 sweet potato, 1/3 cup beans, greens) ~380 cal	Zucchini Noodles with Lentil Bolognese (2 zucchini spiralized, 1/2 cup lentil sauce) ~340 cal	Handful of Cherry Tomatoes (8-10 cherry tomatoes) ~30 cal	~1010
Sat	Tofu Scramble with Mushrooms & Kale (100g tofu, mushrooms, 1 cup kale) ~270 cal	Minestrone Soup (2 cups, beans + pasta + vegetables) ~300 cal	Stuffed Zucchini with Quinoa & Chickpeas (2 zucchini halves, 1/3 cup quinoa, 1/3 cup chickpeas) ~370 cal	Small Apple (1 small apple) ~80 cal	~1020

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Sun	Overnight Oats with Banana & Flax (1/3 cup oats, 1 banana, 1 tbsp flax) ~310 cal	Lentil & Kale Salad with Lemon (1/2 cup lentils, 2 cups kale, lemon dressing) ~340 cal	Vegetable Curry with Cauliflower Rice (1 cup curry, 1 cup cauli rice) ~360 cal	Celery + 2 tbsp Hummus (3 stalks celery, 2 tbsp hummus) ~100 cal	~1110

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

Week 4 Grocery List

Everything you need for the week. Check off items as you shop.

PRODUCE

- | | |
|---|---|
| ☐ Bananas (4) | ☐ Tomatoes (4) |
| ☐ Apples (2) | ☐ Cherry tomatoes (1 pint) |
| ☐ Berries (frozen bag) | ☐ Cucumbers (2) |
| ☐ Mango (frozen bag) | ☐ Carrots (1 lb bag) |
| ☐ Spinach (2 bags) | ☐ Celery (1 bunch) |
| ☐ Kale (1 bunch) | ☐ Green beans (1 lb) |
| ☐ Broccoli (1 head) | ☐ Onions (2 lbs) |
| ☐ Cauliflower (1 head) | ☐ Garlic (1 head) |
| ☐ Zucchini (3) | ☐ Lemons (3) |
| ☐ Mushrooms (8 oz) | ☐ Pear (1) |
| ☐ Bell peppers (2) | ☐ Mixed greens (2 bags) |
| ☐ Sweet potatoes (2) | |

GRAINS & BREAD

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|--|---|
| ☐ Quinoa (if running low) | ☐ Whole grain bread (1 loaf) |
| ☐ Brown rice (if running low) | ☐ Whole grain tortillas (1 pack) |
| ☐ Cauliflower rice (1 frozen bag) | |

BEANS & PROTEIN

- | | |
|---|---|
| ☐ Firm tofu (2 blocks) | ☐ Canned white beans (1 can) |
| ☐ Dry red lentils (if running low) | ☐ Almonds (small bag) |
| ☐ Canned chickpeas (2 cans) | ☐ Hummus (1 container) |
| ☐ Canned black beans (2 cans) | |

CANNED & PANTRY

- ☐ Vegetable broth (2 cartons)
- ☐ Canned diced tomatoes (2 cans)
- ☐ Marinara sauce (1 jar)
- ☐ Light coconut milk (1 can)
- ☐ Soy sauce

- ☐ Olive oil
- ☐ Curry powder
- ☐ Balsamic vinegar
- ☐ Ground flaxseed

OTHER

- ☐ Plant milk – oat, unsweetened (half gallon)

Week 4 Prep Schedule

60–90 minutes on Sunday. Prepped meals prevent reaching for high-calorie convenience food.

STEP 1 (20 MIN)

Make large lentil vegetable soup

Red lentils + every leftover vegetable + broth. Makes 6+ servings. Monday lunch, Thursday dinner.

STEP 2 (15 MIN)

Cook grains in small portions

1 cup brown rice + 1 cup quinoa. Portion into small containers (1/2 cup each).

STEP 3 (15 MIN)

Bake tofu and prep cauliflower rice

Press, cube, bake tofu. Thaw or pulse cauliflower rice. Both ready for stir-fries.

STEP 4 (10 MIN)

Prep all vegetables

Cut zucchini, broccoli, mushrooms, bell peppers, carrots, celery, green beans. Store separately.

STEP 5 (10 MIN)

Make overnight oats and salad bases

2 jars overnight oats. 3 salad base containers with greens, carrot, cucumber.

Calorie Density: Eat More, Weigh Less

The key to losing weight without feeling hungry.

Calorie density is the number of calories per gram of food. Foods with low calorie density fill your stomach with fewer calories. This plan is built around these foods.

FOOD CATEGORY	CAL/LB	STRATEGY
Non-starchy vegetables Broccoli, spinach, zucchini, cauliflower	60-195	Eat freely. Fill half your plate.
Fruits Apples, berries, oranges, bananas	140-420	Eat freely. Best snack option.
Starchy vegetables & grains Potatoes, rice, oats, quinoa, pasta	320-650	Moderate portions. Measure servings.
Beans & legumes Lentils, chickpeas, black beans, tofu	350-600	Good protein. Keep to 1/4 plate.
Bread & dried foods Bread, crackers, dried fruit, cereal	1000-1800	Small portions only. Easy to overeat.
Nuts, seeds, oils Peanut butter, almonds, olive oil	2400-4000	Use sparingly. 1 tbsp oil = 120 cal.

PRACTICAL APPLICATION

A large bowl of vegetable soup (~300 cal) fills you up the same way as a small handful of nuts (~300 cal). Both have the same calories, but the soup takes up 10x more space in your stomach. Choose high-volume foods at every meal.

Weekly Calorie Summary

Average daily calories across each week of the plan.

WEEK	AVG DAILY CALORIES	FOCUS
Week 1	~1100 cal	Simple, filling, getting used to portions
Week 2	~1090 cal	More variety, consistent deficit
Week 3	~1080 cal	International flavors, high-volume meals
Week 4	~1080 cal	Full variety, sustainable patterns

IF YOU FEEL TOO HUNGRY

Add more non-starchy vegetables to any meal. A full head of steamed broccoli is only ~200 calories. A large bowl of leafy salad with lemon dressing is ~80 calories. You can eat large volumes of these foods without going over your calorie target.

Nutritional estimates based on USDA FoodData Central values for standard portions. Actual values may vary by brand and preparation method.

What's Inside

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Recipes

1. Golden Tofu Scramble with Sun-Dried Tomatoes

10 min Serves 2

INGREDIENTS

1 tablespoon olive oil
1 medium yellow onion, finely diced
2 cloves garlic, minced
1 teaspoon ground turmeric
400 g (14 oz) firm tofu, pressed and drained
1/4 cup sun-dried tomatoes in oil, drained and roughly chopped
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon black pepper
1 small bunch fresh basil, leaves thinly sliced

INSTRUCTIONS

1. Press the tofu for at least 10 minutes to remove excess moisture, then crumble it by hand into rough, scrambled-egg-sized pieces.
2. Heat olive oil in a large non-stick skillet over medium heat. Add the onion and cook, stirring occasionally, for 5–6 minutes until softened and translucent. Add the garlic and turmeric and cook for 1 minute until fragrant.
3. Add the crumbled tofu to the pan. Spread it out and let it cook undisturbed for 2–3 minutes to develop a golden crust on the bottom, then stir and repeat once more.
4. Stir in the sun-dried tomatoes and nutritional yeast. Season with salt and pepper. Cook for a further 2 minutes, stirring, until everything is heated through and the scramble is dry and golden.
5. Remove from heat, scatter fresh basil over the top, and serve immediately on toast, in a wrap, or alongside roasted vegetables.

2. Easy Superfood Smoothie Bowl (Ready in 5 Minutes)

5 min Serves 1

INGREDIENTS

1 cup frozen dragon fruit (pitaya) chunks (or 1 Pitaya Plus frozen smoothie pack)
1 ripe banana, fresh or frozen and sliced
1/2 cup unsweetened almond milk (plus more if needed to blend)
1 tablespoon chia seeds
1/2 cup fresh or frozen blueberries
1/2 cup granola or roughly chopped mixed nuts
1 tablespoon unsweetened shredded coconut (optional)

INSTRUCTIONS

1. Add the frozen dragon fruit, banana, and almond milk to a blender. Blend on high for 30–45 seconds until completely smooth — the base should be thick enough to hold toppings. Add more almond milk 1 tablespoon at a time only if the blender stalls.
2. Pour the smoothie base into a wide, shallow bowl.
3. Arrange blueberries, granola or chopped nuts, chia seeds, and shredded coconut on top. Serve immediately before the base melts.

3. Easy Crispy Tofu Scramble (5-Minute Breakfast)

5 min Serves 2

INGREDIENTS

2 teaspoons olive oil, plus more as needed
16 ounces (450 g) firm water-packed tofu, rinsed and patted very dry
3 tablespoons nutritional yeast flakes
1/2 teaspoon granulated onion powder
1 small onion, thinly sliced
1 cup sliced mushrooms
1 garlic clove, minced
White pepper, to taste
1.5 tablespoons soy sauce

INSTRUCTIONS

1. Pat tofu thoroughly dry with paper towels, then crumble it into a bowl in rough, uneven pieces about 1-2 cm.
2. Heat olive oil in a large non-stick skillet over medium-high heat, add the crumbled tofu in a single layer, and cook without stirring for 3 minutes until the bottom is golden and crispy.
3. Sprinkle nutritional yeast and granulated onion over the tofu, stir to coat, and continue cooking for another 2 minutes, adding a little more oil if the pan is dry.
4. Push the tofu to one side of the pan, add the sliced onion and mushrooms to the empty side, and cook for 2-3 minutes until mushrooms are tender and onion is softened.
5. Add the minced garlic, stir everything together, pour soy sauce over the mixture, and cook for 1 more minute until the sauce is absorbed.
6. Season with white pepper, taste for salt (soy sauce is already salty), and serve immediately.

4. Easy Green Scrambled Tofu (5-Minute Recipe)

5 min Serves 2

INGREDIENTS

1 (12 oz) package firm tofu, drained and crumbled
1 tablespoon olive oil
1-2 tablespoons soy sauce
1/2 teaspoon ground turmeric
1/4 teaspoon black pepper
1/2 teaspoon dried oregano
6-8 kalamata olives, pitted and roughly chopped
1/2 cup sun-dried tomatoes, drained if oil-packed, roughly chopped
1/2 cup fresh spinach, roughly chopped

INSTRUCTIONS

1. Heat olive oil in a medium non-stick skillet over medium-high heat. Add crumbled tofu and cook 3-4 minutes, stirring occasionally, until it starts to dry out and take on a little color.
2. Season with soy sauce, turmeric, oregano, and black pepper. Stir well to coat the tofu evenly with the yellow color from the turmeric.
3. Add sun-dried tomatoes and olives. Cook 2 minutes, stirring, until heated through.
4. Add spinach and stir 1 minute until just wilted. Remove from heat and serve immediately on toast, in a wrap, or alongside roasted vegetables.

5. Spanish Tofu Omelette (30-Minute Vegan Dinner)

15 min Serves 2

INGREDIENTS

1 tablespoon olive oil
1 clove garlic, minced
1 small onion, finely chopped
1 medium potato (about 6 oz), thinly sliced into 1/8-inch rounds
1/4 green bell pepper, diced
1 small tomato, finely chopped
1/4 teaspoon dried oregano
1 lb (16 oz) soft tofu, drained and patted dry
1/4 cup unbleached all-purpose flour
1 tablespoon cornstarch
1/4 teaspoon ground turmeric
1 teaspoon nutritional yeast
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat olive oil in a 10-inch non-stick skillet over medium heat. Add potato slices in a single layer and cook 4–5 minutes per side until just tender and lightly golden. Remove and set aside.
2. In the same skillet, add onion, garlic, and bell pepper. Cook over medium heat 4–5 minutes until softened. Add tomato and oregano, cook 2 minutes. Remove from heat.
3. In a blender or using a fork, mash tofu with flour, cornstarch, turmeric, nutritional yeast, salt, and pepper until smooth and uniform – the mixture should be thick and pourable.
4. Arrange cooked potato slices in the bottom of the skillet over the sautéed vegetables. Pour the tofu batter evenly over the top. Cover with a lid and cook over low heat for 12–15 minutes until the edges are set and the center is firm to the touch.
5. To flip: place a large plate over the skillet, invert to turn the omelette onto the plate, then slide it back into the skillet uncooked-side down. Cook uncovered 3–4 minutes until the bottom is golden. Alternatively, finish under the broiler for 3–4 minutes until set and lightly browned.
6. Slide onto a serving plate and let rest 2 minutes before cutting into wedges. Serve warm.

6. Acai Berry Smoothie Bowl for 2 (Quick & Easy)

5 min Serves 2

INGREDIENTS

4 oz (115 g) frozen unsweetened acai pulp (such as Sambazon), broken into pieces
2 ripe bananas, peeled and frozen
1 1/4 cups (300 ml) unsweetened almond milk
1/2 cup (45 g) rolled oats
1 1/2 cups (225 g) fresh mixed berries, divided (half for blending, half for topping)
1 tablespoon unsweetened coconut flakes, for topping
2 teaspoons maple syrup, for drizzling

INSTRUCTIONS

1. Add frozen acai pulp, frozen bananas, almond milk, oats, and 3/4 cup of the mixed berries to a high-speed blender.
2. Blend on high, tamping down as needed, until completely smooth and very thick — the consistency should be thicker than a drinkable smoothie. Add a splash more almond milk only if the blender stalls.
3. Divide the smoothie base evenly between two bowls.
4. Top each bowl with the remaining 3/4 cup mixed berries and the coconut flakes. Drizzle each with 1 teaspoon maple syrup and serve immediately.

7. Quinoa Porridge with Toasted Almonds (Easy)

10 min Serves 4

INGREDIENTS

1 cup red quinoa
1 cup water
1 cup unsweetened almond milk (for cooking)
1/2 cup unsweetened almond milk (for serving, stirred in at end)
1/4 teaspoon fine sea salt
1/2 cup dried apricots, roughly chopped
1/3 cup raw almonds, roughly chopped and toasted
2–3 tablespoons maple syrup, for serving

INSTRUCTIONS

1. Place quinoa in a fine-mesh strainer and rinse under cold running water for 60 seconds, rubbing with your fingers to remove saponins. Drain well.
2. Combine rinsed quinoa, 1 cup water, 1 cup almond milk, salt, and chopped apricots in a medium saucepan. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer for 15–18 minutes until liquid is absorbed and quinoa tails are visible.
3. While quinoa cooks, toast almonds in a dry skillet over medium heat for 3–4 minutes, stirring frequently, until golden and fragrant. Remove from heat immediately.
4. Remove quinoa from heat and let stand covered for 5 minutes. Stir in remaining 1/2 cup almond milk to loosen to a creamy porridge consistency.
5. Divide into 4 bowls. Drizzle each with maple syrup and top with toasted almonds. Serve hot.

8. Lemon Quinoa Breakfast Bowl (Gluten-Free)

10 min Serves 2

INGREDIENTS

1 cup uncooked quinoa, rinsed and drained
2 cups unsweetened almond milk
1 tablespoon maple syrup
1/4 teaspoon ground cinnamon
1 pinch kosher salt
1 1/2 teaspoons lemon zest (from 1 small lemon)
6 ounces fresh or frozen blueberries
4 teaspoons granulated sugar
2 teaspoons fresh lemon juice
1 1/2 tablespoons water
1/4 cup sliced almonds

INSTRUCTIONS

1. Toast almonds in a dry skillet over medium heat for 3 to 4 minutes, stirring often, until golden and fragrant. Transfer to a plate to cool.
2. Combine quinoa, almond milk, maple syrup, cinnamon, and salt in a medium saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until the quinoa has absorbed the liquid and the grains show their spiral tails.
3. While quinoa cooks, make the blueberry compote: combine blueberries, sugar, lemon juice, and water in a small saucepan over medium heat. Cook for 5 to 7 minutes, stirring occasionally, until berries burst and the mixture thickens slightly. Remove from heat.
4. Remove quinoa from heat and let stand covered for 3 minutes, then fluff with a fork and stir in lemon zest.
5. Divide quinoa between 2 bowls. Spoon blueberry compote over the top and finish with toasted sliced almonds. Serve warm.

9. Tofu Nicoise Salad (Plant-Based Protein)

15 min Serves 4

INGREDIENTS

¼ cup low-fat Italian dressing
1 tablespoon fresh lemon juice
1 clove garlic, finely minced
⅛ teaspoon freshly ground black pepper
6 cups baby salad greens
4 medium tomatoes, cut into wedges
2 packages (8 oz each) Italian-style baked tofu, sliced ¼ inch thick
¼ pound (4 oz) baby green beans, trimmed
4 medium white mushrooms, thinly sliced
16 niçoise or kalamata olives

INSTRUCTIONS

1. Bring a small saucepan of lightly salted water to a boil. Add green beans and cook for 3 to 4 minutes until just tender but still bright green. Drain and immediately transfer to a bowl of ice water for 2 minutes to stop cooking. Drain and pat dry.
2. In a small bowl, whisk together the Italian dressing, lemon juice, minced garlic, and black pepper until combined.
3. Divide salad greens between 4 plates or arrange on a large platter. Arrange tofu slices, tomato wedges, chilled green beans, sliced mushrooms, and olives over the greens.
4. Drizzle the dressing evenly over each salad and serve immediately.

10. Simple Vegan Quinoa Salad (5-Ingredient)

15 min Serves 4

INGREDIENTS

1 1/2 cups quinoa, rinsed thoroughly under cold water and drained
3 cups water
6 tablespoons olive oil (1/4 cup plus 2 tablespoons)
1 tablespoon lemon zest (from about 1 large lemon)
1/4 cup fresh lemon juice
4 garlic cloves, minced
6 tablespoons fresh parsley, finely chopped
6 tablespoons fresh mint, finely chopped
1 1/2 teaspoons fine salt
1 cup cherry tomatoes, halved
2 mini cucumbers, sliced into rounds
1 medium red bell pepper, chopped
1/2 cup red onion, finely chopped

INSTRUCTIONS

1. Toast the rinsed, drained quinoa in a dry medium saucepan over medium-high heat, stirring frequently, for 3 to 5 minutes until the grains smell nutty and begin to pop.
2. Add the water to the toasted quinoa, bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until all liquid is absorbed. Remove from heat and let sit covered for 5 minutes. Fluff with a fork and spread onto a rimmed baking sheet to cool to room temperature, about 15 minutes.
3. While the quinoa cools, whisk together the olive oil, lemon zest, lemon juice, minced garlic, parsley, mint, and salt in a large bowl.
4. Add the cooled quinoa to the dressing and toss to coat. Fold in the cherry tomatoes, cucumber, red bell pepper, and red onion.
5. Taste and adjust seasoning with additional salt or lemon juice. Serve at room temperature or refrigerate for up to 3 days.

11. Crispy Tofu Poke (Restaurant-Quality)

15 min Serves 4

INGREDIENTS

4 cups neutral oil (canola or sunflower), for deep frying

1 pound firm tofu, drained and cut into 3/4-inch cubes

1/2 cup cornstarch, for dredging

1 1/2 ounces fresh shiitake mushrooms, stems removed and sliced

2 ounces ripe tomato, diced

2 ounces cucumber, diced

1 1/2 ounces fresh bean sprouts

1/4 cup vegan furikake (nori and sesame blend, no bonito flakes)

1 cup soy sauce

1/2 cup sesame oil

3 tablespoons sugar

2 tablespoons rice vinegar

1 clove garlic, grated

1 teaspoon fresh ginger, grated

INSTRUCTIONS

1. Whisk together soy sauce, sesame oil, sugar, rice vinegar, garlic, and ginger in a bowl until sugar dissolves. Taste and adjust; this is your poke sauce. Cover and refrigerate until needed.
2. Press tofu cubes dry with paper towels. Place cornstarch in a shallow bowl and toss tofu cubes until thoroughly coated, shaking off any excess.
3. Heat neutral oil in a heavy-bottomed pot or Dutch oven to 375°F (190°C) – use a kitchen thermometer for accuracy. Fry tofu in two batches for 3 to 4 minutes per batch, turning once, until golden all over and floating to the surface. Remove with a slotted spoon and drain on a paper towel-lined plate.
4. While tofu drains, combine sliced shiitake, tomato, cucumber, and bean sprouts in a large mixing bowl.
5. Add the crispy tofu to the vegetable bowl and pour 1/3 to 1/2 cup of the poke sauce over everything; toss gently to coat. Use more sauce to taste.
6. Divide into bowls, sprinkle generously with vegan furikake, and serve immediately while the tofu is still crispy. Serve over rice if desired.

12. Easy Vegan Blueberry Buckle (One-Bowl Recipe)

20 min Serves 8

INGREDIENTS

Streusel topping:

3/4 cup (90 g) whole wheat pastry flour or spelt flour

1/3 cup (65 g) vanilla-flavored sugar (or plain sugar + 1/2 tsp vanilla)

1 teaspoon ground cinnamon

1/2 teaspoon baking powder

1/4 teaspoon salt

4 tablespoons (60 ml) canola oil

Cake batter:

1 cup (125 g) all-purpose flour

1 cup (120 g) whole wheat pastry flour or spelt flour

2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup (180 ml) pure maple syrup

1/3 cup (80 ml) canola oil

1/2 cup (120 ml) unsweetened plant milk

2 teaspoons vanilla extract

4 cups (600 g) fresh blueberries

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Grease a 23 cm x 23 cm (9x9-inch) baking pan or a 23 cm (9-inch) round cake pan.
2. Make the streusel: stir together flour, sugar, cinnamon, baking powder, and salt in a small bowl. Drizzle in canola oil and mix with a fork until crumbly clumps form. Set aside.
3. Make the cake batter: whisk together both flours, baking powder, and salt in a large bowl. In a separate bowl, whisk maple syrup, canola oil, plant milk, and vanilla extract until combined.
4. Pour the wet ingredients into the dry ingredients and fold gently until just combined — a few streaks of flour are fine. Fold in blueberries. Spread batter evenly into the prepared pan.
5. Scatter the streusel topping evenly over the batter. Bake for 60–65 minutes at 180°C (350°F) until a toothpick inserted in the center comes out clean and the streusel is golden brown.
6. Cool in the pan on a wire rack for at least 20 minutes before slicing into 8 pieces. Store covered at room temperature up to 2 days or refrigerate up to 4 days.

13. Brown Rice & Tofu Bowl (One-Pot Method)

15 min Serves 4

INGREDIENTS

1 1/2 cups short-grain brown rice, rinsed
2 3/4 cups water
1/2 oz (15 g) dried shiitake mushrooms, broken into pieces if large
1 tablespoon fresh ginger, finely chopped
4 garlic cloves, minced
1 dried red chile, crumbled
1 teaspoon coarse salt, plus more to taste
7 oz (200 g) extra-firm tofu, drained and cut into 3/4-inch cubes
3 oz (85 g) baby spinach
6 scallions (white and pale green parts only), finely chopped
1/4 cup fresh cilantro leaves, finely chopped
2 tablespoons plus 1 teaspoon low-sodium tamari soy sauce
1 1/2 tablespoons unseasoned rice vinegar
1 teaspoon toasted sesame oil

INSTRUCTIONS

1. In a large heavy-bottomed pot or Dutch oven, combine rinsed rice, water, dried shiitake mushrooms, ginger, garlic, crumbled red chile, and 1 teaspoon salt. Bring to a boil over medium-high heat, stirring once.
2. Reduce heat to the lowest setting, cover tightly, and cook for 45–50 minutes until the rice is tender and has absorbed all the liquid. Do not lift the lid during cooking.
3. Remove the pot from heat. Scatter tofu cubes and baby spinach over the surface of the rice without stirring. Cover and let steam for 5 minutes — the residual heat will warm the tofu and wilt the spinach.
4. In a small bowl, stir together tamari, rice vinegar, and sesame oil. Pour over the rice, tofu, and spinach, then gently fold everything together, breaking up the shiitakes as you go.
5. Divide among four bowls, top with scallions and fresh cilantro, and serve immediately. Season with additional tamari or salt to taste.

14. Seared Sesame Tofu With Asian Salad (Easy)

15 min Serves 2

INGREDIENTS

20 oz (565 g) extra-firm tofu, cut into 1/2-inch thick slices, patted dry
1/2 cup (70 g) sesame seeds
4 tablespoons (60 ml) roasted garlic oil, divided
3 tablespoons fresh ginger, peeled and minced
1/4 cup (60 ml) rice vinegar
2 tablespoons tamari or soy sauce
1 1/3 cups (120 g) green onions, chopped
1 1/3 cups (175 g) yellow bell pepper, thinly sliced
1 1/3 cups (130 g) bean sprouts
Salt and black pepper to taste

INSTRUCTIONS

1. Press tofu slices between paper towels and press firmly until very dry. Spread sesame seeds on a shallow plate. Press each tofu slice into the seeds, coating both sides evenly.
2. Heat 2 tablespoons roasted garlic oil in a large skillet over medium-high heat. Add tofu in a single layer (work in batches). Cook undisturbed for 3 to 4 minutes per side until golden and seeds are toasted. Transfer to a plate.
3. In the same skillet over medium heat, add remaining 2 tablespoons oil and minced ginger. Cook, stirring, for 1 minute until fragrant. Add rice vinegar and tamari, scraping up any browned bits. Simmer 1 minute, then remove from heat.
4. Toss green onions, yellow bell pepper, and bean sprouts in a large bowl. Pour warm ginger dressing over salad and toss to coat. Season with salt and pepper.
5. Divide salad between 2 plates and top with sesame-crusted tofu slices. Serve immediately.

15. Big Vegan Buddha Bowl (Meal Prep Ready)

15 min Serves 2

INGREDIENTS

1 large sweet potato (about 400 g), chopped into ¾-inch cubes
1 (15 oz / 425 g) can chickpeas, drained and rinsed
1 tablespoon olive oil
½ teaspoon garlic powder
½ teaspoon chili powder
¼ teaspoon cumin
Pinch of cayenne pepper
½ teaspoon fine sea salt
1 cup uncooked quinoa
1½ cups water
1 large carrot, peeled and julienned
1½ cups purple cabbage, shredded
2 large handfuls mixed greens or spinach
4 tablespoons hummus
1 ripe avocado, sliced
2 tablespoons hulled hemp seeds

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper. Toss sweet potato cubes and chickpeas with olive oil, garlic powder, chili powder, cumin, cayenne, and salt. Spread in a single layer on the baking sheet and roast for 30–35 minutes, flipping halfway, until sweet potato is tender and chickpeas are golden.
2. While vegetables roast, rinse quinoa and combine with 1½ cups water in a small saucepan. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes. Remove from heat and let stand 5 minutes, then fluff with a fork.
3. Divide greens between 2 bowls. Top each with quinoa, roasted sweet potato and chickpeas, julienned carrot, and shredded purple cabbage.
4. Add sliced avocado and a dollop of hummus (2 tablespoons per bowl) to each bowl. Sprinkle with hemp seeds and serve immediately. Store components separately in the fridge for up to 4 days.

16. Chef Morimoto's Mashed Tofu Salad (Quick)

15 min Serves 2

INGREDIENTS

1 (14 oz / 400 g) package firm tofu, pressed 15 minutes
1 teaspoon kosher salt (for tofu seasoning)
8 cups (about 240 g) fresh spinach leaves
1 tablespoon sesame seeds
1½ teaspoons sugar
1 teaspoon mirin
1 teaspoon low-sodium soy sauce

INSTRUCTIONS

1. Press tofu for 15 minutes to remove excess moisture. Meanwhile, toast sesame seeds in a dry skillet over medium heat for 2–3 minutes, stirring frequently, until golden and fragrant. Transfer to a small bowl and let cool, then grind coarsely with a mortar and pestle or the back of a spoon.
2. Bring a medium saucepan of water to a boil. Add spinach leaves and blanch for 1–2 minutes until wilted. Drain, rinse under cold water, then squeeze out as much water as possible with your hands. Chop roughly.
3. Break the pressed tofu into a medium bowl and mash with a fork until crumbly but still textured. Season with 1 teaspoon kosher salt and mix in the ground sesame seeds, sugar, mirin, and soy sauce.
4. Fold in the chopped spinach until evenly distributed. Taste and adjust seasoning — add a touch more soy sauce or mirin if needed.
5. Serve at room temperature or chilled. Divide between two bowls and garnish with a few whole toasted sesame seeds.

17. Vegan Lentil Salad With Apples (Make-Ahead)

15 min Serves 4

INGREDIENTS

1 cup brown lentils, picked over and rinsed
2 1/2 cups water or vegetable broth
1 carrot, peeled and diced into 1/2-inch cubes
2 apples, cored and chopped into 1/2-inch pieces (Granny Smith or Honeycrisp)
1/2 bunch chives, finely chopped
1 tablespoon fresh parsley, chopped
5 tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
Salt and black pepper to taste

INSTRUCTIONS

1. Place the rinsed lentils in a medium saucepan with the water or broth. Bring to a boil over high heat, then reduce to a steady simmer. Add the diced carrot and cook for 18 to 20 minutes until the lentils are tender but still hold their shape. Drain any excess liquid and let cool for 10 minutes.
2. While the lentils cool, whisk together the olive oil, apple cider vinegar, and Dijon mustard in a large bowl until emulsified. Season generously with salt and black pepper.
3. Add the warm lentils and carrot to the dressing bowl and toss to coat. The residual heat helps the lentils absorb the dressing.
4. Add the chopped apple, chives, and parsley to the bowl and toss again until everything is evenly combined. Taste and adjust salt, pepper, or vinegar as needed.
5. Refrigerate for at least 30 minutes before serving to allow the flavors to meld. The salad keeps well in an airtight container in the refrigerator for up to 4 days.

18. Exotic Vegan Mango Endive Salad (Fresh)

15 min Serves 4

INGREDIENTS

2 ripe but firm mangoes, peeled and cut into 1-inch chunks
1 cup pomegranate seeds (from about 1 large pomegranate)
1 cup fresh coconut flesh, thinly sliced (or 1/2 cup unsweetened coconut flakes)
1/4 cup red onion, finely minced
3 tablespoons fresh lemon juice
1 teaspoon olive oil
1/2 teaspoon sea salt
2 tablespoons fresh mint or cilantro leaves, roughly torn
1 head Belgian endive, base trimmed, leaves separated

INSTRUCTIONS

1. Combine mango chunks, pomegranate seeds, coconut, and red onion in a large bowl.
2. Drizzle with lemon juice and olive oil, then season with sea salt. Toss gently to coat without breaking up the mango.
3. Fold in fresh mint or cilantro and taste, adjusting lemon juice or salt as needed.
4. Arrange endive leaves in a single layer on a serving platter, curved side down to form natural cups.
5. Spoon the mango mixture into and over the endive leaves. Serve immediately while the endive is still crisp.

19. Best Tofu Taegu Salad (Protein-Packed)

20 min Serves 4

INGREDIENTS

1 block (14 oz) extra-firm tofu, pressed and cubed
1 tablespoon sesame oil
1 tablespoon tamari or soy sauce
1 bunch watercress (about 6 oz), cut into 1-inch pieces
8 oz bean sprouts, rinsed
1 red onion, thinly sliced
2–3 medium tomatoes, diced
6 oz takuwan (Japanese pickled daikon radish), thinly sliced
2/3 cup green onions, chopped
1/4 cup neutral oil (such as avocado or grapeseed)
1/4 cup shoyu (soy sauce)
1 tablespoon rice vinegar
1 teaspoon toasted sesame oil
2 cloves garlic, minced or grated
1 teaspoon sugar

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then cut into 3/4-inch cubes. Toss with 1 tablespoon sesame oil and 1 tablespoon tamari. Pan-fry in a non-stick skillet over medium-high heat for 3–4 minutes per side until golden. Set aside to cool.
2. Blanch bean sprouts in boiling water for 1 minute, drain, and rinse under cold water. Squeeze out excess moisture.
3. Whisk together neutral oil, shoyu, rice vinegar, toasted sesame oil, garlic, and sugar in a small bowl to make the dressing.
4. Layer watercress, bean sprouts, red onion, tomatoes, takuwan, and baked tofu in a large salad bowl. Scatter green onions on top.
5. Pour dressing over the salad, toss gently to coat, and serve immediately.

20. Easy Tofu & Vegetable Rice Salad (Quick)

10 min Serves 2

INGREDIENTS

10.5 oz (300 g) long-grain white rice (uncooked)
12 oz (340 g) firm tofu, pressed and sliced into 1/2-inch slabs
1 large zucchini, sliced into 1/4-inch rounds
2 tablespoons garlic-infused olive oil (divided)
5 oz (140 g) red cabbage, finely shredded
3 tablespoons fresh lime juice
2 tablespoons olive oil
1 teaspoon chili flakes (or 1 teaspoon sriracha)
1/2 teaspoon salt
1/3 cup mixed fresh herbs (flat-leaf parsley, basil, and mint), roughly chopped

INSTRUCTIONS

1. Cook the rice according to package directions (bring to boil with 2x volume water, then cover and simmer 18 minutes on low). Fluff and set aside to cool slightly.
2. Whisk together lime juice, 2 tablespoons olive oil, chili flakes, and salt in a small bowl to make the dressing. Set aside.
3. Heat a griddle or grill pan over medium-high heat. Brush tofu slabs and zucchini rounds with garlic-infused olive oil on both sides. Grill tofu for 3–4 minutes per side until golden with grill marks, and zucchini for 2 minutes per side until just tender. Cut grilled tofu into cubes.
4. In a large bowl, combine the warm rice, shredded red cabbage, grilled zucchini, and tofu cubes. Pour the dressing over and toss gently.
5. Add the fresh herbs and toss once more. Taste and adjust salt or lime juice, then divide between two bowls and serve warm or at room temperature.

21. Tofu Mango Laab (Easy Thai Inspired)

25 min Serves 4

INGREDIENTS

12 ounces firm tofu, pressed and crumbled into small pieces

¼ cup fresh lime juice (about 3 limes)

1 tablespoon tamari

1 teaspoon kosher salt

1 cup fresh mango, diced into small cubes

¼ cup lemongrass, white part only, very finely minced

3 fresh kaffir lime leaves, stems removed, very finely sliced (chiffonade)

2 tablespoons lime zest

2 Thai chiles, deseeded and finely minced

1 Fresno chile, deseeded and finely minced

2 cups fresh cilantro (stems included), roughly chopped

1 cup fresh mint leaves, finely sliced (chiffonade)

¼ cup rau ram (Vietnamese coriander), finely sliced, or extra cilantro as substitute

½ cup fresh Thai basil leaves, finely sliced (chiffonade)

¼ cup green onions, thinly sliced

1 tablespoon uncooked brown rice

3 heads Belgian endive, separated into individual leaves

Cilantro or mint sprigs, for garnish

INSTRUCTIONS

1. Toast brown rice in a dry skillet over medium heat for 5 to 7 minutes, stirring constantly, until golden and fragrant. Remove from heat, cool for 5 minutes, then grind in a spice grinder or mortar and pestle to a coarse powder. Set aside.
2. In a large bowl, combine crumbled tofu, lime juice, tamari, and salt. Toss well and let stand for 10 minutes so the tofu absorbs the dressing.
3. Add mango, lemongrass, lime leaves, lime zest, Thai chiles, Fresno chile, cilantro, mint, rau ram (or extra cilantro), Thai basil, and green onions to the tofu. Toss everything together until well combined.
4. Sprinkle the ground roasted rice powder over the salad and toss once more to distribute. Taste and adjust lime juice, tamari, or salt as needed.
5. Arrange endive leaves on a large platter or individual plates to act as cups. Spoon the laab filling into each endive leaf. Garnish with cilantro or mint sprigs and serve immediately.

22. Best Kale, Carrot & Sunflower Seed Salad

15 min Serves 2

INGREDIENTS

1/2 lemon, juiced (about 1 1/2 tablespoons)
1 tablespoon olive oil
1 teaspoon apple cider vinegar
1/2 teaspoon nutritional yeast
1 pinch dried oregano
1 pinch dried basil
2 medium carrots, shaved into thin strips with a vegetable peeler
1 1/2 cups chopped kale, stems removed
1/3 cup cooked quinoa, cooled
1/3 cup raw sunflower seeds

INSTRUCTIONS

1. In a large bowl, whisk together lemon juice, olive oil, apple cider vinegar, nutritional yeast, dried oregano, and dried basil until combined.
2. Add chopped kale to the bowl. Using clean hands, massage the kale with the dressing for 1-2 minutes until leaves soften and darken slightly.
3. Add shaved carrots, cooked quinoa, and sunflower seeds. Toss everything together until evenly coated in dressing.
4. Taste and adjust seasoning with a pinch of salt or extra lemon juice if needed. Serve immediately or refrigerate up to 1 hour before serving.

23. Best Elote Bowl (Vegan Mexican)

45 min Serves 2

INGREDIENTS

For the bowl base:

1 red onion, thinly sliced

1/4 cup (60ml) red wine vinegar

1/2 teaspoon salt (for pickling)

120g (2/3 cup) dry quinoa

240ml (1 cup) water or vegetable broth

2 ears of corn on the cob, husked

200g (1 cup) cooked pinto beans, drained and rinsed

30g (1/2 cup) fresh coriander (cilantro), roughly chopped

60g (1/3 cup) sunflower seeds, toasted

For the aguachile dressing:

1 corn tortilla

1 habanero chile, stem removed

1/4 cup (60ml) olive oil

1/4 cup (60ml) fresh lime juice

2 celery stalks, roughly chopped

2 tablespoons red wine vinegar

1 clove garlic

1/4 teaspoon salt

For the cashew cream:

50g (1/3 cup) raw cashews, soaked in water 2 hours and drained

50ml (3 tablespoons) water

1 teaspoon Dijon mustard

1 heaped teaspoon capers

1 clove garlic

1 teaspoon apple cider vinegar

1 tablespoon nutritional yeast

1/2 teaspoon chipotle powder

Juice of 1/2 lime

Salt to taste

INSTRUCTIONS

1. Make the pickled onions: combine sliced red onion, red wine vinegar, and 1/2 teaspoon salt in a bowl. Toss well and set aside for at least 30 minutes. Make the cashew cream: blend drained cashews, water, Dijon mustard, capers, garlic, cider vinegar, nutritional yeast, chipotle powder, and lime juice until completely smooth. Season with salt and refrigerate.
2. Cook quinoa: rinse well, then combine with water or broth in a saucepan. Bring to a boil, reduce heat, cover and simmer 15 minutes until liquid is absorbed. Remove from heat and let steam, covered, 5 minutes. Fluff with a fork.
3. Make the aguachile dressing: hold the corn tortilla and habanero directly over an open gas flame (or under a broiler) for 1-2 minutes, turning, until lightly charred. Blend charred tortilla, habanero, olive oil, lime juice, celery, red wine vinegar, garlic, and salt until smooth.
4. Grill or char corn: place husked corn cobs directly over a gas burner or on a hot grill pan on medium-high heat for 8-10 minutes, turning every 2 minutes, until kernels are charred in spots. Cut kernels off the cob.
5. Assemble bowls: divide quinoa between 2 bowls. Top with pinto beans, charred corn kernels, pickled onions, and fresh coriander. Drizzle aguachile dressing over everything, add dollops of cashew cream, and scatter toasted sunflower seeds on top.
6. Serve immediately, with extra lime wedges on the side.

24. Crispy Tempeh Salad (Easy 20-Minute Meal)

10 min Serves 2

INGREDIENTS

8 ounces tempeh, sliced into 1/4-inch strips
2 tablespoons apple cider vinegar or rice vinegar
2 tablespoons soy sauce or tamari
2 tablespoons water
1 teaspoon fresh ginger, grated
1 teaspoon toasted sesame oil
2 teaspoons coconut oil or neutral oil, for frying
4 cups mixed greens (romaine, kale, or baby spinach)
1 cup shredded red cabbage
1 medium carrot, julienned or grated
1/2 cup edamame, cooked and shelled
2 tablespoons sesame seeds, toasted
2 tablespoons sliced green onion
2 tablespoons soy sauce or tamari
1 tablespoon rice vinegar
1 tablespoon toasted sesame oil
1 teaspoon maple syrup
1 teaspoon fresh ginger, grated

INSTRUCTIONS

1. Combine apple cider vinegar, 2 tablespoons soy sauce, water, 1 teaspoon ginger, and 1 teaspoon sesame oil in a shallow dish. Add tempeh strips and marinate for at least 30 minutes (up to 3 hours for deeper flavor), flipping once halfway through.
2. Whisk together salad dressing: 2 tablespoons soy sauce, rice vinegar, 1 tablespoon sesame oil, maple syrup, and 1 teaspoon ginger in a small bowl; set aside.
3. Heat coconut oil in a non-stick skillet over medium-high heat. Remove tempeh from marinade (reserve marinade) and cook strips for 3 to 4 minutes per side until deeply golden and crispy. Pour the reserved marinade into the pan in the last 30 seconds and let it glaze the tempeh. Remove from heat.
4. Arrange mixed greens, shredded cabbage, carrot, and edamame in a large bowl. Drizzle dressing over the salad and toss to coat.
5. Divide dressed salad into two bowls and top with hot crispy tempeh strips. Sprinkle with toasted sesame seeds and sliced green onion. Serve immediately.

25. Baby Bok Choy Tofu Marmalade Sauce (Easy)

10 min Serves 4

INGREDIENTS

14 oz (400g) extra-firm tofu, pressed and cut into 3/4-inch cubes
4 heads baby bok choy, halved lengthwise
2 tablespoons vegetable oil
3 garlic cloves, minced
1 teaspoon fresh ginger, grated
1/4 cup orange marmalade
2 tablespoons low-sodium soy sauce
1 teaspoon cornstarch
2 tablespoons water
1/4 cup roasted cashews

INSTRUCTIONS

1. In a small bowl, whisk together orange marmalade, soy sauce, cornstarch, and water until smooth. Set the sauce aside.
2. Heat a wok or large skillet over high heat until very hot. Add 1 tablespoon oil and sear tofu cubes in a single layer for 3 minutes without stirring, then flip and cook 2 more minutes until golden. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the wok. Stir-fry garlic and ginger for 30 seconds. Add bok choy cut-side down and cook for 2 minutes until lightly charred. Flip and cook 1 more minute until stems are just tender.
4. Return tofu to the wok. Pour the sauce over everything and toss over medium-high heat for 1-2 minutes until the sauce thickens and coats all ingredients.
5. Top with roasted cashews and serve immediately over steamed rice.

26. Cold Soy Udon Noodles (Quick & Refreshing)

5 min Serves 1

INGREDIENTS

1 portion (approximately 6 oz) frozen udon noodles
200 ml (3/4 cup) unsweetened soy milk
2 teaspoons shiro-dashi
1 teaspoon yuzu pepper paste (or 1/2 tsp white pepper + 1/2 tsp lemon zest)
2 tablespoons sun-dried tomatoes in oil, finely chopped (vegan mentaiko substitute for umami and brininess)
1 small sheet toasted nori, cut into thin strips
4-5 fresh shiso leaves, torn or thinly sliced
Black pepper to taste (optional)

INSTRUCTIONS

1. Cook the frozen udon noodles according to package directions (typically 2-3 minutes in boiling water or 1.5-2 minutes in the microwave). Drain and rinse immediately under cold running water until the noodles are fully chilled. Shake off excess water.
2. In a bowl or measuring cup, whisk together the cold soy milk, shiro-dashi, and yuzu pepper paste until combined.
3. Place the chilled noodles in a serving bowl. Pour the cold soy milk broth over the noodles.
4. Top with the sun-dried tomatoes, nori strips, and shiso leaves. Add black pepper if desired. Serve immediately while cold.

27. Quick Warm Tofu with Soy-Ginger Sauce

5 min Serves 4

INGREDIENTS

One 12-oz (340g) package silken firm tofu, drained
1 tablespoon soy sauce
1/2 tablespoon fresh ginger, finely grated and peeled
1 teaspoon toasted sesame oil
1/4 teaspoon kosher salt (to season cooking water)
2 green onions (scallions), thinly sliced, for garnish
1 teaspoon white sesame seeds, for garnish
1/4 teaspoon togarashi seasoning, for garnish

INSTRUCTIONS

1. Fill a medium saucepan with enough water to submerge the tofu. Add kosher salt and bring to a bare simmer over medium heat — do not boil.
2. Cut tofu block into 4 equal pieces (about 3 oz each). Gently lower pieces into the simmering water using a slotted spoon. Warm for 4-5 minutes until heated through. Remove carefully and drain on a clean paper towel.
3. While tofu warms, whisk together soy sauce, grated ginger, and toasted sesame oil in a small bowl.
4. Place one tofu piece on each serving plate. Spoon sauce evenly over each piece.
5. Garnish with sliced scallions, sesame seeds, and a pinch of togarashi. Serve immediately.

28. Easy Tofu Soboro Over Rice (Japanese-Style)

5 min Serves 2

INGREDIENTS

14 oz (400 g) firm tofu, drained and pressed
1 1/2 cups long-grain white rice (uncooked)
1 tablespoon sake
1 tablespoon granulated sugar
3 tablespoons soy sauce
3 tablespoons mirin
1 teaspoon nori powder (or 1 sheet nori, crumbled fine)

INSTRUCTIONS

1. Cook the rice according to package directions (about 18 minutes covered on low heat after bringing to a boil with 2 3/4 cups water). Keep warm.
2. Crumble the pressed tofu into fine, pea-sized pieces directly into a cold non-stick or stainless steel skillet — no oil needed.
3. Set the pan over medium-high heat and stir constantly for 5–6 minutes until the tofu is dry, crumbly, and starting to turn golden at the edges.
4. Add sake and stir for 30 seconds to let the alcohol cook off, then add sugar, soy sauce, and mirin in that order, stirring between each addition.
5. Continue cooking over medium-high heat for 3–4 minutes, stirring frequently, until the liquid is fully absorbed and the tofu looks glossy and dark.
6. Divide rice between two bowls, top with the tofu soboro, and finish with a dusting of nori powder.

29. Asian Steamed Tofu & Vegetables (Restaurant-Quality)

15 min Serves 2

INGREDIENTS

3 tablespoons light soy sauce
3 tablespoons sake or Chinese Shaoxing rice wine
3 tablespoons water
1 teaspoon peeled and grated fresh ginger
1/2 teaspoon sugar
1 medium leek (white and light green parts only), cut into 3-inch slivers
6 cups Chinese mustard greens, coarsely chopped
6 oz (170 g) daikon radish, peeled and sliced 1/4-inch thick
8 oz (225 g) firm silken tofu, cut into 1-inch cubes
3 oz (85 g) enoki mushrooms, root ends trimmed

INSTRUCTIONS

1. Whisk together soy sauce, sake, water, ginger, and sugar in a small bowl to make the sauce; set aside.
2. Fill a wok or large pot with 2 inches of water and bring to a boil over high heat; set a steamer rack or basket inside.
3. Arrange daikon slices in a single layer on a heatproof plate that fits inside the steamer. Scatter mustard greens and leek on top, then layer tofu cubes and enoki mushrooms over the vegetables.
4. Pour the sauce evenly over the arranged ingredients. Place plate on the steamer rack, cover tightly, and steam over high heat for 7 to 8 minutes, until daikon is just tender and tofu is heated through.
5. Carefully remove the plate from the steamer and serve immediately with steamed rice.

30. Best Szechwan Tofu With Greens (Spicy & Easy)

15 min Serves 4

INGREDIENTS

14 oz (400g) firm tofu, pressed and cut into 3/4-inch cubes

5 tablespoons canola oil, divided

4 tablespoons minced seeded jalapeno or poblano pepper (or 2 tablespoons dried chili flakes)

3 garlic cloves, minced

1 tablespoon fresh ginger, grated

3 cups (200g) mustard greens, stems removed, leaves roughly chopped

3 cups (200g) Chinese cabbage (napa cabbage), roughly chopped

3 tablespoons tamari (or soy sauce)

1 tablespoon rice vinegar

1 teaspoon toasted sesame oil

1 teaspoon cornstarch dissolved in 2 tablespoons cold water

1 teaspoon Szechwan peppercorns, lightly toasted and ground (optional but recommended)

INSTRUCTIONS

1. Heat 3 tablespoons of the canola oil in a wok or large skillet over high heat until shimmering and just starting to smoke. Add the tofu cubes in a single layer — do not crowd the pan. Cook without stirring for 3 minutes until the bottom is golden and crisp, then toss and cook 2 more minutes until golden on multiple sides. Remove tofu to a plate.
2. Add the remaining 2 tablespoons canola oil to the wok over medium-high heat. Add the minced pepper and stir-fry for 30 seconds. Add the garlic and ginger and stir-fry for another 30 seconds until fragrant.
3. Add the mustard greens and Chinese cabbage to the wok. Toss and stir-fry for 2–3 minutes until the greens are wilted and bright but still have some texture — do not overcook.
4. Return the crisped tofu to the wok. Pour in the tamari, rice vinegar, and Szechwan peppercorn powder. Stir in the cornstarch slurry and toss everything together over high heat for 1–2 minutes until the sauce thickens and coats the tofu and greens.
5. Remove from heat, drizzle with the sesame oil, toss once more, and serve immediately over steamed rice.

31. Braised Tofu Casserole (Comfort in a Dish)

40 min Serves 2

INGREDIENTS

6 dried black mushrooms (shiitake), soaked in 1 cup hot water for 30 minutes

7 oz (200 g / 1/2 package) firm tofu, drained and cut into 1-inch cubes

2 teaspoons soy sauce (for tofu coating)

1 tablespoon cornstarch (for tofu coating)

2 tablespoons vegetable oil, divided

1 small zucchini, halved lengthwise and sliced into 1/2-inch pieces

1/2 cup sliced bamboo shoots, drained if canned

1 leek, white part only, cut into 1/2-inch rings

3/4 cup vegetable broth

2 tablespoons soy sauce (for braising)

2 teaspoons sugar

1 teaspoon sesame oil

1 teaspoon cornstarch dissolved in 2 teaspoons cold water (for thickening)

INSTRUCTIONS

1. Place dried mushrooms in a bowl and cover with 1 cup hot water. Soak for 30 minutes until fully softened. Remove mushrooms, squeeze out excess liquid, trim off any tough stems, and slice into strips. Reserve the soaking liquid.
2. Pat tofu cubes dry with paper towels. Toss with 2 teaspoons soy sauce, then dust evenly with 1 tablespoon cornstarch. Heat 1 tablespoon oil in a wok or large non-stick skillet over medium-high heat (about 375°F / 190°C). Fry tofu cubes for 2–3 minutes per side until golden. Transfer to a plate.
3. Add remaining 1 tablespoon oil to the pan over medium heat. Stir-fry leek rings for 2 minutes until softened. Add zucchini, bamboo shoots, and soaked mushrooms and stir-fry 2 minutes more.
4. Return tofu to the pan. Pour in vegetable broth and 1/4 cup of the reserved mushroom soaking liquid. Add soy sauce and sugar, stir to combine, and bring to a gentle simmer.
5. Reduce heat to medium-low, cover, and braise for 10–12 minutes until the vegetables are tender and the tofu has absorbed the flavors. If a thicker sauce is desired, stir in the cornstarch slurry and simmer uncovered for 1–2 minutes until the sauce thickens.
6. Drizzle with sesame oil, give a gentle stir, and serve hot over steamed rice.

32. Best Shiitake Miso Soba With Crispy Tofu

20 min Serves 4

INGREDIENTS

14 ounces extra-firm tofu, pressed and cubed
1/2 teaspoon sesame oil
1/2 teaspoon peanut oil
1 teaspoon soy sauce
1/4 teaspoon garlic powder
1 red bell pepper, thinly sliced
8 ounces shiitake mushrooms, stems removed and caps sliced
8 cups water
8 ounces (half a 13-oz package) soba noodles
4 cups baby tatsoi or fresh spinach
4 tablespoons black sesame seeds
5 green onions, thinly sliced
1 cup vegetable broth
3 tablespoons light brown sugar
2 tablespoons soy sauce
1 tablespoon rice vinegar
2 teaspoons sesame oil
1 tablespoon arrowroot powder
1 teaspoon garlic powder
1/4 teaspoon ground ginger
1/8 teaspoon cayenne pepper
3 tablespoons white miso paste

INSTRUCTIONS

1. Press tofu for 20 minutes, then cut into 1-inch cubes. Heat sesame oil and peanut oil in a large non-stick skillet over medium-high heat. Add tofu, drizzle with 1 teaspoon soy sauce and 1/4 teaspoon garlic powder, and cook undisturbed for 3 to 4 minutes per side until golden and crispy. Remove and set aside.
2. In the same skillet, add sliced bell pepper and shiitake mushrooms. Cook over medium heat for 5 to 6 minutes, stirring occasionally, until mushrooms are tender.
3. In a small bowl, whisk together vegetable broth, brown sugar, 2 tablespoons soy sauce, rice vinegar, 2 teaspoons sesame oil, arrowroot powder, 1 teaspoon garlic powder, ground ginger, and cayenne. Pour into the skillet with the vegetables and cook for 2 to 3 minutes until the sauce thickens. Remove from heat and stir in miso paste until fully dissolved.
4. Meanwhile, bring 8 cups of water to a boil in a large pot. Cook soba noodles according to package directions (about 4 to 5 minutes), then drain and rinse under cold water.
5. Add cooked noodles and tatsoi or spinach to the skillet with the sauce. Toss everything together over low heat for 1 to 2 minutes until greens wilt and noodles are coated.
6. Divide into bowls, top with crispy tofu, sliced green onions, and black sesame seeds. Serve immediately.

33. Best Tofu & Chickpea Curry (30-Minute)

15 min Serves 4

INGREDIENTS

1 tablespoon canola oil
1 cup chopped onion
2 garlic cloves, minced
1 tablespoon Madras curry powder
1 tablespoon grated peeled fresh ginger
1 tablespoon brown sugar
1 1/4 teaspoons salt
2 cups sweet potato, peeled and cut into 3/4-inch cubes
2 cups small cauliflower florets
1 (14-ounce) package extra-firm tofu, pressed and cut into 3/4-inch cubes
1 (16-ounce) can chickpeas, rinsed and drained
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
1 (13.5-ounce) can light coconut milk
Freshly ground black pepper to taste
3 cups hot cooked rice, to serve
3 tablespoons chopped fresh cilantro, to garnish

INSTRUCTIONS

1. Press tofu for 15 minutes to remove excess moisture, then cut into 3/4-inch cubes. Heat canola oil in a large pot or Dutch oven over medium-high heat.
2. Add onion and cook 4 minutes until softened. Add garlic, curry powder, ginger, brown sugar, and salt. Stir and cook 1 minute until fragrant.
3. Add sweet potato, cauliflower, chickpeas, diced tomatoes with their juice, and coconut milk. Stir to combine and bring to a boil.
4. Reduce heat to medium, cover, and simmer 15 minutes until sweet potato is just tender. Add tofu cubes, stir gently, and cook uncovered 5 minutes more until tofu is heated through and sauce has thickened slightly. Season with black pepper.
5. Serve over cooked rice and garnish with fresh cilantro.

34. Easy Vegan Vegetable Double-Tortilla Pizza

10 min Serves 2

INGREDIENTS

1 tablespoon vegetable oil
2 (12-inch) flour tortillas
1/2 cup tomato sauce (store-bought or homemade)
5 white mushrooms, thinly sliced
1/2 green bell pepper, deseeded and chopped
1/2 red onion, thinly sliced
1/2 white onion, thinly sliced
5 black olives, sliced
3 sun-dried tomatoes, roughly chopped
1/2 jalapeno pepper, deseeded and thinly sliced
2 tablespoons nutritional yeast (for savory topping)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Brush a large baking sheet with vegetable oil. Place one tortilla flat on the oiled baking sheet.
2. Spread half the tomato sauce evenly over the first tortilla, leaving a 1/2-inch border. Lay the second tortilla on top and press gently to adhere. Spread the remaining tomato sauce over the top tortilla.
3. Arrange mushrooms, bell pepper, red onion, white onion, olives, sun-dried tomatoes, and jalapeno evenly over the sauce. Sprinkle nutritional yeast over the top.
4. Bake at 400°F (200°C) for 18–20 minutes until the edges are crisp and golden and the vegetables are tender. Slide onto a cutting board, cut into wedges, and serve immediately.

35. Crispy Tofu with Olives & Preserved Lemon

15 min Serves 4

INGREDIENTS

3 tablespoons vegetable oil, divided
1 1/2 pounds extra-firm tofu, drained and cut into 1-inch cubes
1 small onion, finely chopped (about 1/2 cup)
3 cloves garlic, minced (about 1 tablespoon)
1 teaspoon ground ginger
1 teaspoon ground cinnamon
2 cups low-sodium vegetable broth
1 preserved lemon, pulp discarded, peel rinsed and finely chopped
2/3 cup green olives, pitted and halved
3 tablespoons fresh parsley, finely chopped
Salt and black pepper to taste
Cooked couscous or rice, to serve

INSTRUCTIONS

1. Pat tofu cubes very dry with paper towels. Heat 2 tablespoons oil in a large skillet or Dutch oven over medium-high heat; add tofu in a single layer and cook undisturbed for 4 to 5 minutes until golden brown on the bottom. Flip and cook 3 to 4 more minutes until crispy on all sides. Transfer to a plate.
2. Reduce heat to medium and add remaining 1 tablespoon oil to the same pan. Cook onion for 3 minutes until softened; add garlic, ginger, and cinnamon and stir for 1 minute until fragrant.
3. Pour in vegetable broth and bring to a simmer, scraping up any browned bits from the bottom of the pan.
4. Return tofu to the pan along with the chopped preserved lemon peel and olives. Simmer uncovered for 10 to 12 minutes, stirring occasionally, until the sauce reduces by about one-third and coats the tofu.
5. Taste and adjust salt and pepper as needed (the preserved lemon and olives are very salty, so add salt only if required). Stir in fresh parsley just before serving.
6. Serve over couscous or steamed rice, spooning extra sauce over the top.

36. Crispy Tofu Special K Meatloaf (Plant-Based)

15 min Serves 6

INGREDIENTS

2 packages (450 g each) soft or firm tofu, drained
4 teaspoons onion powder
2 teaspoons celery salt
1 teaspoon garlic powder
1 teaspoon dried parsley flakes
1/4 teaspoon turmeric
1/4 teaspoon dried marjoram
1 stick (113 g) vegan butter (such as Earth Balance), melted
1 cup walnuts, roughly chopped
1 1/2 large yellow onions, finely diced
1 box (340 g) Special K cereal, lightly crushed

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan with a little vegan butter or cooking spray.
2. Drain tofu and squeeze out as much liquid as possible by pressing between paper towels or in a tofu press. Transfer to a large mixing bowl and mash thoroughly with a fork until no large chunks remain.
3. Mix together onion powder, celery salt, garlic powder, parsley, turmeric, and marjoram in a small bowl; add to the mashed tofu and stir to combine.
4. Add melted vegan butter, chopped walnuts, and diced onion to the tofu mixture; stir well. Fold in the crushed Special K cereal until evenly incorporated – the mixture should be thick and hold its shape when pressed.
5. Press the mixture firmly into the prepared loaf pan, smoothing the top. Bake for 55 to 60 minutes until the top is deep golden-brown and the edges are pulling away from the sides of the pan.
6. Remove from oven and let cool in the pan for 10 minutes before slicing. Serve with vegan gravy or ketchup.

37. Soboro Crumbled Tofu (Japanese-Inspired)

10 min Serves 4

INGREDIENTS

2 blocks (14 oz / 400g each) firm tofu, pressed
2 tablespoons mushroom powder or 2 tablespoons
finely ground dried nori
4 tablespoons mirin
3 tablespoons soy sauce
2 tablespoons water
2 teaspoons sugar
1 tablespoon neutral oil (canola or vegetable)

INSTRUCTIONS

1. Press tofu for 15 minutes, then crumble it into small pea-sized pieces by hand or with a fork – aim for uneven crumbles, not a paste.
2. Heat oil in a large non-stick skillet over medium-high heat. Add crumbled tofu and cook, stirring occasionally, for 8–10 minutes until most moisture has evaporated and the tofu turns golden and slightly dry.
3. Reduce heat to medium. Add mushroom powder or ground nori and stir to coat evenly, cooking 1 minute.
4. In a small bowl, mix together mirin, soy sauce, water, and sugar. Pour sauce over the tofu and stir continuously over medium heat for 3–4 minutes until the liquid is fully absorbed and the tofu looks glazed and slightly sticky.
5. Remove from heat. Serve over steamed rice as a donburi bowl, or pack into bento boxes. Keeps refrigerated up to 4 days.

38. Vegetarian Hunan-Style Tofu (Quick & Spicy)

10 min Serves 4

INGREDIENTS

14–16 ounces firm tofu, cut into 3/4-inch cubes
4 cups water (for blanching tofu)
1 tablespoon fermented black beans, unrinsed (for blanching water)
1/4 teaspoon salt
3 tablespoons canola oil
2 large cloves garlic, finely chopped
1 Fresno chile, cut diagonally into thin slices
3–4 ounces fresh shiitake mushrooms, trimmed and sliced 1/4 inch thick
1 tablespoon Shaoxing rice wine or dry sherry
1 1/2 tablespoons fermented black beans, unrinsed (for sauce)
2 teaspoons light soy sauce
3/4 cup fermented black bean stock or vegetable stock
1/2 teaspoon cornstarch dissolved in 2 teaspoons cold water or stock
1 green onion, white and green parts, cut on the bias
3/4 teaspoon sesame oil
1/2–1 teaspoon chile oil

INSTRUCTIONS

1. Bring 4 cups water with 1 tablespoon fermented black beans and 1/4 teaspoon salt to a boil in a medium saucepan. Add tofu cubes and blanch for 3 minutes to firm them up, then drain gently and set aside.
2. Heat canola oil in a wok or large skillet over medium-high heat. Add garlic and Fresno chile and stir-fry for 30 seconds until fragrant. Add shiitake mushrooms and cook for 2–3 minutes until they begin to soften.
3. Pour in the Shaoxing rice wine and stir for 30 seconds. Add the 1 1/2 tablespoons fermented black beans, soy sauce, and stock. Stir to combine.
4. Add the drained tofu to the wok. Simmer over medium heat for 5–7 minutes, gently stirring occasionally, until the tofu absorbs the sauce.
5. Stir the cornstarch slurry and pour it into the wok. Cook for 1–2 minutes, stirring gently, until the sauce thickens and clings to the tofu.
6. Remove from heat. Drizzle with sesame oil and chile oil, scatter green onion over the top, and serve immediately with steamed rice.

39. Easy Vegan Zucchini Bread (Moist & Tender)

15 min Serves 18

INGREDIENTS

3 tablespoons ground flax seeds
9 tablespoons (1/2 cup + 1 tbsp) water
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
2 teaspoons ground cinnamon
1 cup unsweetened applesauce
1 cup white sugar
1 cup brown sugar, packed
3/4 cup neutral vegetable oil
2 teaspoons vanilla extract
2 1/2 cups zucchini, coarsely shredded (do not squeeze out liquid)
Cooking spray or vegan margarine for greasing

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease two standard 9x5-inch loaf pans with cooking spray or vegan margarine. Mix ground flax seeds with 9 tablespoons water in a small bowl and let sit 5 minutes until gel forms.
2. In a large bowl, whisk together flour, salt, baking soda, baking powder, and cinnamon.
3. In a separate large bowl, whisk together flax gel, applesauce, white sugar, brown sugar, vegetable oil, and vanilla extract until smooth and well combined.
4. Add the wet ingredients to the dry ingredients and stir until just combined (do not overmix). Fold in shredded zucchini with its moisture – do not squeeze the zucchini dry, as the liquid is essential for the bread's texture.
5. Divide the batter evenly between the two prepared loaf pans. Bake at 350°F (175°C) for 65–70 minutes, until a toothpick inserted in the center comes out clean. Tent loosely with foil after 45 minutes if tops brown too quickly.
6. Cool in pans on a wire rack for 15 minutes, then turn out and cool completely before slicing.

40. Easy Peanut Noodles With Tofu (Quick Dinner)

5 min Serves 2

INGREDIENTS

4 oz soba noodles
4 oz firm tofu, drained, patted dry, cut into 1/2-inch cubes
1/2 cup natural peanut butter
3 tbsp reduced-sodium soy sauce
3 tbsp rice wine vinegar
1/2 tbsp toasted sesame oil
2 tsp chili paste with garlic (optional)
2 cups carrots, shredded or grated
3 scallions, thinly sliced
1 tsp sesame seeds, toasted
1 tsp neutral oil for cooking tofu

INSTRUCTIONS

1. Cook soba noodles according to package directions (typically 4–5 minutes in boiling salted water). Drain, rinse under cold water, and set aside.
2. Whisk together peanut butter, soy sauce, rice wine vinegar, sesame oil, and chili paste in a large bowl until smooth. If the sauce is too thick, thin with 1–2 tablespoons warm water.
3. Heat neutral oil in a non-stick skillet over medium-high heat. Add tofu in a single layer and cook undisturbed for 3–4 minutes until golden; flip and cook another 2–3 minutes. Remove from heat.
4. Add drained noodles and shredded carrots to the peanut sauce bowl; toss well to coat everything evenly.
5. Divide into two bowls, top with cooked tofu, sliced scallions, and toasted sesame seeds. Serve immediately or at room temperature.

41. Tofu Dengaku with Celery Root Puree

25 min Serves 4

INGREDIENTS

2 large celery roots (celeriac), about 3 lb total, peeled and cut into 1-inch chunks

2 tablespoons vegan butter (e.g., Earth Balance)

¼ cup plain unsweetened rice milk or soy milk, warmed

Salt, to taste

1 package (16 oz) firm or extra-firm tofu, drained and pressed for 20 minutes

1 tablespoon white miso paste

½ teaspoon agave nectar

¼ teaspoon cracked black pepper

Cooking spray

INSTRUCTIONS

1. Place celery root chunks in a large pot and cover with cold salted water. Bring to a boil over high heat, then reduce to a medium boil and cook for 20 to 25 minutes until completely tender when pierced with a fork. Drain thoroughly.
2. Return drained celery root to the hot pot. Add vegan butter and warm plant milk. Mash or blend with an immersion blender until smooth and creamy. Season with salt to taste. Keep warm over very low heat.
3. Preheat the broiler to high. Line a baking sheet with foil and spray with cooking spray. Slice pressed tofu into 8 slabs (about ¾ inch thick). Arrange in a single layer on the baking sheet and spray the tops lightly.
4. In a small bowl, stir together white miso, agave nectar, and black pepper until smooth. Brush half of the miso glaze over the tofu slabs. Broil on the top rack (about 4 inches from the element) for 6 to 8 minutes until the tops are golden and caramelized.
5. Flip tofu slabs, brush with remaining miso glaze, and broil for a further 5 to 6 minutes until the second side is golden. Serve tofu over the warm celery root puree immediately.

42. Tofu With Chilli Jam (Best Condiment Recipe)

25 min Serves 4

INGREDIENTS

1 block (14 oz) firm tofu, pressed and cut into 1-inch cubes

3 tablespoons peanut oil or neutral cooking oil, divided

4 long red chillies, roughly chopped

2 red capsicums (bell peppers), roughly chopped

6 shallots, roughly chopped

4 cloves garlic, roughly chopped

2 tablespoons tamarind concentrate

3 tablespoons brown sugar

2 tablespoons soy sauce or kecap manis

½ teaspoon salt, or to taste

2 spring onions, thinly sliced

¼ cup cashews, roughly chopped and toasted

2 cups cooked jasmine rice, for serving

INSTRUCTIONS

1. Press tofu for at least 20 minutes. Cut into 1-inch cubes and pat dry. Heat 2 tablespoons of oil in a large non-stick skillet or wok over medium-high heat. Fry tofu in a single layer for 3 to 4 minutes per side until golden and crispy on all sides. Remove and set aside.
2. Add chillies, capsicums, shallots, and garlic to a food processor or blender. Pulse until a coarse paste forms.
3. Heat remaining 1 tablespoon of oil in the same skillet over medium heat. Add the chilli paste and cook, stirring frequently, for 8 to 10 minutes until darkened, fragrant, and most of the moisture has evaporated.
4. Stir in tamarind concentrate, brown sugar, and soy sauce. Simmer for a further 10 minutes over low-medium heat, stirring often, until the jam is thick and glossy. Taste and adjust salt and sweetness.
5. Add the fried tofu to the skillet and toss to coat in the chilli jam. Cook for 2 minutes to let the tofu absorb the sauce. Plate over rice, garnish with spring onions and toasted cashews, and serve.

43. Best Cauliflower Tofu Casserole (Vegan Comfort)

20 min Serves 6

INGREDIENTS

2 medium heads cauliflower (about 2 lbs total), cut into bite-sized florets

1 block (14 oz) extra-firm tofu, pressed and cubed into 3/4-inch pieces

2 tablespoons olive oil, divided

1 teaspoon salt, divided

1/2 teaspoon black pepper

1 (28 oz) can crushed tomatoes

3 cloves garlic, minced

1 small onion, finely chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1/2 teaspoon smoked paprika

1/4 cup nutritional yeast

1/2 cup breadcrumbs (use gluten-free if needed)

INSTRUCTIONS

1. Preheat the oven to 400 F (200 C). Grease a 9x13-inch baking dish with a little olive oil.
2. Toss the cauliflower florets and tofu cubes with 1 tablespoon of the olive oil, 1/2 teaspoon salt, and the black pepper on a large rimmed baking sheet. Roast for 20 minutes, turning once halfway, until the cauliflower is tender with lightly browned edges.
3. While the vegetables roast, heat the remaining tablespoon of olive oil in a medium saucepan over medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic and cook 1 minute more. Stir in the crushed tomatoes, oregano, basil, smoked paprika, and remaining 1/2 teaspoon salt. Simmer for 8 minutes.
4. Remove the sauce from heat and stir in the nutritional yeast. Transfer the roasted cauliflower and tofu to the prepared baking dish and pour the tomato sauce evenly over the top.
5. Scatter the breadcrumbs over the surface. Bake at 400 F for 20 to 25 minutes until the sauce is bubbling around the edges and the breadcrumb topping is golden brown.
6. Let the casserole rest for 5 minutes before serving so the sauce sets slightly.

44. Grilled Indonesian Tofu With Mango Salsa (Best Recipe)

30 min Serves 4

INGREDIENTS

See veganpreps.com for full recipe

INSTRUCTIONS

See veganpreps.com for full recipe

45. Nourishing Miso Stew with Quinoa (Easy)

10 min Serves 2

INGREDIENTS

4 1/2 cups filtered water
1/3 cup quinoa, rinsed
1 (1-inch) piece kombu (dried kelp)
1/2 medium onion, cut into 3/4-inch pieces
2 teaspoons extra-virgin olive oil
2 garlic cloves, thinly sliced
1/2 lb firm tofu, cut into 24 small cubes
1/2 carrot, halved lengthwise, then sliced 1/4-inch thick
5 fresh shiitake mushrooms, stems discarded, caps thinly sliced
2 to 3 tablespoons white miso
1 cup bok choy or Napa cabbage, very thinly sliced
1 teaspoon tamari
1 scallion, thinly sliced
1/2 teaspoon dulse flakes

INSTRUCTIONS

1. Bring 1 cup of the water to a boil in a small saucepan. Add quinoa, reduce heat to low, cover, and cook for 12 minutes until water is absorbed and quinoa is fluffy. Remove from heat and set aside.
2. Combine remaining 3 1/2 cups water with kombu in a medium pot. Bring to a gentle simmer over medium heat (do not boil). Remove kombu after 5 minutes.
3. Heat olive oil in a separate skillet over medium heat. Add onion and cook for 3 minutes until translucent. Add garlic and cook 1 minute. Add tofu, carrot, and mushrooms; cook for 3 minutes, stirring gently.
4. Transfer the sautéed vegetables and tofu to the kombu broth. Simmer over medium-low heat for 8 minutes until carrots are tender.
5. Ladle out 1/4 cup of broth into a small bowl and let it cool for 2 minutes. Whisk in the miso paste until smooth, then stir the mixture back into the pot. Do not let the soup boil after adding miso.
6. Stir in bok choy, tamari, cooked quinoa, and dulse flakes. Cook 1 minute until bok choy wilts. Divide between bowls and top with sliced scallion.

46. Silky Corn Tofu Soup (Ready in 20 Min)

10 min Serves 2

INGREDIENTS

Silk from 1 fresh ear of corn (the silky threads pulled from the cob)
70 g (2.5 oz) soft or silken tofu, cut into small cubes
4 okra pods, stems trimmed, sliced into 1/2-inch rounds
500 ml (2 cups) water
1 1/4 teaspoons vegan Chinese stock powder (or vegetable bouillon powder)
2 teaspoons usukuchi (light-colored) soy sauce
Salt and white pepper to taste
1 teaspoon toasted sesame oil
1 teaspoon sesame seeds, for garnish
Ra-yu chili oil, to taste (optional)

INSTRUCTIONS

1. Bring the water to a boil in a small saucepan over medium-high heat. Add the vegan Chinese stock powder and stir to dissolve.
2. Add the corn silk and sliced okra to the broth. Reduce heat to medium and simmer for 3 to 4 minutes. The okra will naturally thicken the broth slightly.
3. Gently add the tofu cubes. Simmer for 2 minutes – do not stir vigorously or the soft tofu will break apart.
4. Stir in the usukuchi soy sauce. Taste and season with salt and white pepper as needed.
5. Remove from heat. Drizzle the sesame oil over the surface. Ladle into bowls and garnish with sesame seeds and ra-yu if using.

47. Best Pacific Squash Coconut Soup

15 min Serves 4

INGREDIENTS

1 tablespoon vegetable oil
2 medium onions, chopped
3 cups (about 450 g) peeled, diced kabocha squash
480 ml (2 cups) vegetable stock or water
400 g full-fat coconut cream
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
1/4 teaspoon chili powder
Salt and black pepper to taste

INSTRUCTIONS

1. Heat the oil in a large saucepan over medium heat. Add the chopped onions and cook for 5–6 minutes, stirring occasionally, until softened and translucent.
2. Add the diced kabocha squash and vegetable stock. Bring to a boil, then reduce heat to a simmer. Cook uncovered for 25–30 minutes until the squash is completely tender and breaks apart easily with a fork.
3. Remove from heat and let cool for 5 minutes. Transfer the mixture in batches to a blender and blend until completely smooth. Return to the saucepan.
4. Stir in the coconut cream, lemon juice, lemon zest, and chili powder over low heat. Simmer gently for 3–4 minutes until heated through.
5. Season with salt and pepper to taste. Serve hot, with extra chili flakes on the side if desired.

48. Easy Vegan Chickpea Tortilla Soup

15 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1/4 cup (40 g) yellow onion, diced
1/4 cup (30 g) celery, diced
1/2 cup (75 g) green bell pepper, diced
2 garlic cloves, minced
1 tablespoon chili powder
1 tablespoon ground cumin
1 (440 g / 15.5 oz) can chickpeas, drained and rinsed
1 (400 g / 14 oz) can crushed tomatoes
2 large red potatoes (about 400 g), diced into 1.5 cm cubes
1.5 liters (6 cups) low-sodium vegetable broth
1 teaspoon salt, plus more to taste
1/4 teaspoon black pepper
3 corn tortillas, cut into 1 cm strips
1 tablespoon vegetable oil (for tortilla strips)

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Toss tortilla strips with vegetable oil and a pinch of salt, spread on a baking sheet, and bake 10–12 minutes until crisp and golden. Set aside.
2. Heat olive oil in a large pot over medium heat. Add onion, celery, and bell pepper and cook 5 minutes until softened. Add garlic, chili powder, and cumin and cook 1 minute until fragrant.
3. Add chickpeas, crushed tomatoes, diced potatoes, vegetable broth, salt, and black pepper. Stir to combine and bring to a boil.
4. Reduce heat to medium-low, cover, and simmer 20–25 minutes until potatoes are tender when pierced with a fork.
5. Taste and adjust seasoning. Ladle into bowls and top each serving with a handful of crispy tortilla strips.

49. Cozy Vegan Aduki Bean Pumpkin Stew

15 min Serves 4

INGREDIENTS

1 cup dried aduki beans, soaked 2–5 hours and drained

1 piece dried kombu (approx 5 cm square)

3 cups water

3 cups pumpkin or kabocha squash, peeled and cut into 1-inch cubes

2 cloves garlic, minced

1/2 teaspoon salt

2–3 tablespoons shoyu or tamari, to taste

INSTRUCTIONS

1. Rinse the soaked aduki beans and place in a medium saucepan with the kombu and 3 cups water. Bring to a boil over high heat, then reduce to a low simmer. Do not stir. Cook 30 minutes.
2. Add the pumpkin cubes and garlic. Continue simmering uncovered 20–25 minutes until the beans are fully tender and the pumpkin is soft. The pumpkin will partially break down and thicken the stew naturally.
3. Remove the kombu piece and discard. Season with salt and shoyu, starting with 2 tablespoons and adding more to taste. Simmer 5 more minutes to meld flavors.
4. Ladle into bowls and serve hot. Pairs well with steamed short-grain rice.

50. Silky Roasted Garlic Zucchini Quinoa Soup

20 min Serves 4

INGREDIENTS

2 heads garlic

3 teaspoons olive oil, divided (1 teaspoon for garlic, 2 teaspoons for sauteing)

1 medium onion, diced

3 cups zucchini, diced (about 2 medium zucchini)

1/2 cup quinoa, rinsed

4 cups water

2 tablespoons Better Than Bouillon vegetable base

1 (12.3 oz) box silken tofu

Juice of 2 medium lemons (about 6 tablespoons)

2 teaspoons dried dill

2 teaspoons fine salt

1 teaspoon white pepper

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Slice the top quarter off both heads of garlic to expose the cloves. Drizzle 1 teaspoon olive oil over the exposed cloves, wrap tightly in foil, and roast for 40 to 45 minutes until the cloves are golden, soft, and caramelized. Remove and let cool enough to handle, then squeeze the cloves out of the skins.
2. While the garlic roasts, heat the remaining 2 teaspoons olive oil in a large pot over medium heat. Add the onion and cook for 5 minutes until softened. Add the zucchini and cook for another 3 minutes.
3. Add the rinsed quinoa, water, vegetable base, dill, salt, and white pepper to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes until the quinoa is fully cooked and the zucchini is tender.
4. Remove from heat. Add the roasted garlic cloves and the silken tofu (broken into chunks) to the pot. Use an immersion blender to blend until completely smooth and creamy, or carefully transfer in batches to a countertop blender with the lid vented.
5. Stir in the lemon juice. Taste and adjust salt, white pepper, and lemon as needed. Reheat gently over low heat if needed before serving.

51. Best Vegan Mung Bean & Kale Soup (Easy)

15 min Serves 4

INGREDIENTS

1 tablespoon refined coconut oil
1 medium yellow onion, diced
20–25 small cremini or white mushrooms, quartered
1 organic red bell pepper, diced
3 organic roma tomatoes, diced
5 garlic cloves, minced
1 1/2 teaspoons turmeric
1/2 teaspoon ground cumin
1/2 teaspoon crushed red pepper flakes
3/4 teaspoon sea salt, plus more to taste
1 cup small green lentils, rinsed
1/2 cup mung beans, rinsed (soaked 4 hours if possible)
1/2 cup quinoa, rinsed
1 cup light coconut milk
4 cups vegetable broth
1 bunch lacinato kale, deveined and coarsely chopped
1/2 lemon, juiced
1 small bunch flat-leaf parsley, finely chopped
1 small bunch fresh basil leaves, torn

INSTRUCTIONS

1. Heat coconut oil in a large pot over medium heat. Add onion and cook for 4 minutes until softened. Add mushrooms and cook for 3 more minutes until they release their liquid. Stir in red pepper, tomatoes, and garlic; cook 2 minutes.
2. Add turmeric, cumin, red pepper flakes, and salt. Stir to coat the vegetables and cook 1 minute until fragrant.
3. Add lentils, mung beans, quinoa, coconut milk, and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 35–40 minutes, stirring occasionally, until lentils and mung beans are fully tender.
4. Stir in the kale and cook uncovered for 5 minutes until wilted. Add more broth or water if the soup is thicker than desired.
5. Remove from heat. Stir in lemon juice, parsley, and basil. Taste and adjust salt. Ladle into bowls and serve hot.

52. Easy Vegan Tofu Gumbo (30-Minute)

15 min Serves 4

INGREDIENTS

1 pound (450 g) extra-firm tofu, pressed and cut into 1/2-inch cubes

1/4 cup Dijon mustard

1/4 cup peanut oil

1/4 cup cider vinegar

1 tablespoon brown sugar

1/4 teaspoon cayenne pepper

3 tablespoons canola oil (for roux)

1/4 cup canola oil (additional, for roux)

1/2 cup all-purpose flour

1/2 onion, diced

2 ribs celery, diced

1 green pepper, diced

1/2 red pepper, diced

1 tablespoon minced garlic

1 cup diced canned tomatoes

2 cups vegetable stock

1/4 pound (115 g) okra, cut into 1/2-inch pieces

1 teaspoon dried thyme

1 teaspoon dried oregano

1 teaspoon dried basil

2 bay leaves

Kosher salt and black pepper to taste

INSTRUCTIONS

1. Whisk together Dijon mustard, peanut oil, cider vinegar, brown sugar, and cayenne in a bowl. Add tofu cubes, toss to coat, and marinate for at least 30 minutes (up to 24 hours refrigerated).
2. Heat 3 tablespoons plus 1/4 cup canola oil in a heavy-bottomed pot or Dutch oven over medium heat. Whisk in flour and cook, stirring constantly, for 8–10 minutes until the roux turns a deep golden-brown color.
3. Add onion, celery, green pepper, and red pepper to the roux. Cook over medium heat for 5 minutes, stirring frequently, until vegetables soften.
4. Add garlic, thyme, oregano, basil, and bay leaves. Stir for 1 minute, then pour in diced tomatoes and vegetable stock. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. Add marinated tofu and okra to the pot. Simmer for 5 more minutes until okra is tender and tofu is heated through.
6. Remove bay leaves, season with salt and pepper, and serve over cooked rice.

53. Best Miso Soup with Shirataki Noodles

5 min Serves 1

INGREDIENTS

4 oz shirataki noodles, drained and rinsed
1 1/2 cups water or light vegetable broth
1 teaspoon vegan dashi powder (kombu-based) or 1 strip dried kombu (4 inches)
1 tablespoon white or yellow miso paste
1 oz firm tofu, cut into 1/2-inch cubes
1/4 cup dried wakame or mixed dried seaweed, rehydrated
1 green onion, thinly sliced
1 1/2 teaspoons sesame oil

INSTRUCTIONS

1. Rinse shirataki noodles thoroughly under cold water for 1 minute, then boil in a small saucepan for 2 minutes to remove any odor; drain and set aside.
2. Bring water (or broth) to a gentle simmer in a small saucepan over medium heat. Add kombu strip or vegan dashi powder and simmer 3 minutes; remove kombu if used.
3. Reduce heat to low. Place miso paste in a small bowl, ladle in a few tablespoons of hot broth, and whisk until dissolved. Stir miso mixture back into the saucepan – do not boil after adding miso.
4. Add tofu cubes, rehydrated seaweed, and prepared shirataki noodles. Warm gently for 2 minutes over low heat.
5. Ladle into a bowl. Top with sliced green onion and drizzle with sesame oil. Serve immediately.

54. Perfect Homemade Miso Soup (5 Minutes)

5 min Serves 4

INGREDIENTS

6 cups cold water
One 12-inch (30cm) piece of dried kombu
2 tablespoons brown miso paste
2 tablespoons white miso paste
6 oz (170g) silken tofu, cut into 1/2-inch cubes
2 scallions, white and green parts, thinly sliced on the diagonal
2 tablespoons mirin (sweetened rice wine), optional
2 teaspoons dried wakame seaweed, rehydrated in cold water (optional)

INSTRUCTIONS

1. Make vegan dashi: combine cold water and kombu in a medium saucepan. Let soak for 30 minutes (or up to overnight in the refrigerator). Bring to a gentle simmer over medium-low heat – do not boil. Just before it reaches a boil, remove kombu with tongs and discard. You now have about 4–5 cups of vegan dashi.
2. Keep the dashi at a low simmer. If using mirin, stir it in now.
3. Place miso pastes in a small bowl. Ladle about 1/4 cup of hot dashi into the bowl and whisk until the miso is fully dissolved with no lumps. Pour the mixture back into the pot. Do not boil the soup after adding miso or the flavor will dull.
4. Gently add silken tofu cubes and rehydrated wakame (if using). Warm over low heat for 2 minutes until tofu is heated through.
5. Ladle into bowls, top with sliced scallions, and serve immediately.

55. Easy Veggie Wonton Soup with Tofu

25 min Serves 4

INGREDIENTS

12 vegan wonton wrappers (egg-free)
10 oz (283 g) firm tofu, finely crumbled
1 1/2 cups cremini or shiitake mushrooms, finely chopped
8 oz (226 g) water chestnuts, finely diced
4 green onions, thinly sliced (whites for filling, greens for garnish)
1 teaspoon sesame oil
1 tablespoon soy sauce (for filling)
1/2 teaspoon fresh ginger, grated
Salt and white pepper to taste
6 cups vegetable broth
1 tablespoon soy sauce (for broth)
1 tablespoon cornstarch dissolved in 2 tablespoons cold water (optional, to thicken broth)

INSTRUCTIONS

1. Make the filling: Combine crumbled tofu, mushrooms, water chestnuts, green onion whites, sesame oil, 1 tablespoon soy sauce, and ginger. Season with salt and white pepper. Mix thoroughly.
2. Fill wontons: Place 1 heaped teaspoon of filling in the center of each wonton wrapper. Moisten the edges with water, fold into a triangle, press to seal, then bring the two bottom corners together and pinch firmly. Repeat for all 12.
3. Bring a medium pot of water to a boil. Cook wontons in two batches for 4–5 minutes each until they float and the wrappers are translucent. Remove with a slotted spoon and set aside.
4. In a separate large saucepan, bring vegetable broth to a simmer over medium heat. Add 1 tablespoon soy sauce. If a thicker broth is desired, stir in the cornstarch slurry and simmer 2 minutes until slightly thickened.
5. Divide cooked wontons among 4 bowls. Ladle hot broth over the wontons and garnish with sliced green onion tops. Serve immediately.

56. Best Raw Cucumber Soup (Dairy-Free, 10 Min)

10 min Serves 3

INGREDIENTS

2 cups cucumber, roughly chopped (about 1 medium cucumber, peeled if waxed)
1 cup zucchini, roughly chopped
1 cup ripe avocado, peeled and pitted (about 1 large avocado)
1 clove garlic, minced
2 cups lukewarm water
1/2 lemon, juiced (about 2 tablespoons)
2 tablespoons olive oil
1/2 teaspoon sea salt
Fresh dill or chives, for garnish (optional)

INSTRUCTIONS

1. Peel the cucumber if the skin is thick or waxed, then roughly chop cucumber and zucchini. Scoop avocado flesh into the blender.
2. Add cucumber, zucchini, avocado, garlic, lemon juice, olive oil, and sea salt to a high-speed blender. Pour in lukewarm water.
3. Blend on high for 60 seconds until completely smooth and creamy. If the soup is too thick, add water 2 tablespoons at a time and blend again.
4. Taste and adjust seasoning with additional salt or lemon juice. For a chilled version, refrigerate for 20 to 30 minutes before serving.
5. Ladle into bowls and garnish with fresh dill, chives, a drizzle of olive oil, or a few thin cucumber slices. Serve immediately.

57. Steamed Vegetable Dumplings (Easy, Authentic)

45 min Serves 4

INGREDIENTS

For the dough:

2 cups all-purpose flour

1/2 cup just-boiled water

1/4 cup cold water

For the filling:

4 cups lightly packed coarsely chopped fresh spinach (about 7 oz)

4 large dried shiitake mushrooms, soaked in 1 cup hot water 30 minutes, stemmed and finely chopped (reserve soaking liquid)

3 ounces brown pressed tofu, finely chopped

1/3 cup finely chopped carrot

1/2 cup chopped Chinese chives or scallions

1 tablespoon finely minced fresh ginger

1 1/2 tablespoons soy sauce

2 tablespoons sesame oil

2 tablespoons canola oil

2 teaspoons cornstarch dissolved in 1 tablespoon cold water

3/4 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon ground white pepper

For the dipping sauce:

3 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sesame oil

1/2 teaspoon chili oil or pinch of red pepper flakes

1 clove garlic, minced

INSTRUCTIONS

1. Make the dough: Place flour in a bowl. Gradually pour the just-boiled water over the flour while stirring with chopsticks or a fork. Add cold water and mix until a shaggy dough forms. Knead on a lightly floured surface for 5 minutes until smooth. Cover with a damp cloth and rest 20 minutes.
2. Make the filling: Blanch spinach in boiling water for 30 seconds, drain, cool under cold water, and squeeze out as much liquid as possible. Chop finely. Heat canola oil in a skillet over medium heat; add ginger, carrot, and tofu and stir-fry 2 minutes. Add mushrooms and cook 1 minute. Add spinach and chives, stir in soy sauce, sesame oil, sugar, salt, white pepper, and the cornstarch slurry. Stir over heat 1 minute until slightly thickened. Spread on a plate to cool.
3. Make the dipping sauce: whisk together soy sauce, rice vinegar, sesame oil, chili oil, and garlic in a small bowl. Set aside.
4. Shape the dumplings: divide dough into 24 equal pieces. Roll each piece into a 3 1/2-inch round, slightly thicker at the center. Place 1 heaping teaspoon filling in the center. Fold the dough over the filling to form a half-moon, then pleat and press the curved edge firmly to seal. Keep finished dumplings covered with a damp cloth.
5. Line a bamboo steamer basket with parchment paper or cabbage leaves (to prevent sticking). Bring 2 inches of water to a boil in a wok or pot that fits the steamer. Arrange dumplings 1 inch apart in the steamer, cover tightly, and steam over medium-high heat for 10–12 minutes until wrappers are translucent and cooked through.
6. Serve immediately with the dipping sauce on the side.

58. Green Apple Goodness Shake (Protein-Packed)

5 min Serves 1

INGREDIENTS

240 ml (8 oz) unsweetened almond milk
1/2 green apple (about 75 g), cored and roughly chopped
1/2 cup ice cubes
2 scoops (about 60 g) vegan vanilla protein powder
1 tablespoon almond butter
1 tablespoon ground flax seed
1/4 teaspoon ground cinnamon

INSTRUCTIONS

1. Add almond milk to the blender first as the liquid base to protect the blades.
2. Add the chopped green apple, ice cubes, protein powder, almond butter, ground flax seed, and cinnamon.
3. Blend on high for 45–60 seconds until completely smooth and creamy. If the shake is too thick, add 2–3 tablespoons more almond milk and blend again briefly.
4. Pour into a large glass and serve immediately.

59. Raw Zucchini Basil Hummus (Vegan & Fresh)

10 min Serves 3

INGREDIENTS

1 medium zucchini (about 200g), cut into 1-inch disks
1/2 cup fresh basil leaves, packed
5 tablespoons raw tahini
1 tablespoon fresh lemon juice
2 garlic cloves, peeled
1/2 teaspoon fine sea salt
1–2 tablespoons water (to adjust consistency)

INSTRUCTIONS

1. Wash and dry the zucchini, then cut it into 1-inch disks. No peeling required.
2. Add zucchini, basil, tahini, lemon juice, garlic, and salt to a food processor fitted with the S-blade.
3. Process on high for 60–90 seconds, scraping down the sides once, until smooth and creamy. Add water 1 tablespoon at a time if the mixture is too thick to blend.
4. Taste and adjust lemon juice or salt as needed. Transfer to a serving bowl.
5. Serve immediately with carrot sticks, celery, bell pepper strips, or crackers. Refrigerate leftovers in an airtight container for up to 3 days.

60. Green & Sweet Smoothie (Super Easy)

5 min Serves 1

INGREDIENTS

1/3 medium cucumber (about 80 g), roughly chopped
1 cup (30 g) fresh baby spinach
1/2 ripe mango (about 150 g), peeled and chopped
10 fresh or frozen gooseberries
120 ml (1/2 cup) apple juice, no added sugar
60 ml (1/4 cup) water
2 tablespoons chia seeds

INSTRUCTIONS

1. Add cucumber, spinach, mango, and gooseberries to a high-speed blender.
2. Pour in the apple juice and water. Blend on high for 45–60 seconds until completely smooth.
3. Add chia seeds and blend for a further 10 seconds to distribute evenly without over-grinding (this preserves some texture).
4. Pour into a large glass and serve immediately. Stir once before drinking if the chia seeds have started to settle.

61. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

15 min Serves 4

INGREDIENTS

1 lb extra-firm tofu, pressed for 20 minutes
3 tablespoons soy sauce
1 tablespoon apple cider vinegar
1 teaspoon liquid smoke
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon smoked paprika
1/2 teaspoon ground black pepper
1 teaspoon maple syrup
1/4 teaspoon salt

INSTRUCTIONS

1. Press tofu for 20 minutes. Slice into strips about 1/4-inch thick and 3 inches long.
2. Whisk together soy sauce, apple cider vinegar, liquid smoke, garlic powder, onion powder, smoked paprika, black pepper, maple syrup, and salt in a shallow dish.
3. Add tofu strips in a single layer. Marinate for at least 30 minutes, flipping once (or up to 4 hours for deeper flavor).
4. Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper. Arrange tofu strips in a single layer.
5. Bake for 45 minutes, flip each strip, then bake another 30–40 minutes until dark, firm, and chewy. The strips should feel dry to the touch, not soft.
6. Cool on the baking sheet for 10 minutes – they firm up further as they cool. Store in an airtight container at room temperature up to 5 days.

62. Easy Green Vegan Smoothie (5-Minute)

5 min Serves 1

INGREDIENTS

1/2 cup water
1 cup frozen mango chunks
1 cup tightly packed baby spinach
1/2 ripe avocado
2 tablespoons fresh lemon juice
1 tablespoon maple syrup (or to taste)
1 cup ice cubes

INSTRUCTIONS

1. Add water, frozen mango, spinach, avocado, lemon juice, and maple syrup to a blender. Blend on high speed for 45–60 seconds until smooth.
2. Add ice cubes and blend again on high for 20–30 seconds until thick and creamy.
3. Taste and adjust sweetness with more maple syrup or tartness with more lemon juice. Pour into a glass and serve immediately.

63. Moon Gazing Dumplings with Tofu (Quick Recipe)

15 min Serves 4

INGREDIENTS

100g (3.5 oz) shiratako (glutinous rice flour)
100g (3.5 oz) silken tofu
3 tablespoons kinako (roasted soybean flour)
1 tablespoon kuromitsu (brown sugar syrup)
1 teaspoon sugar (to mix into kinako)
1/4 teaspoon salt (to mix into kinako)

INSTRUCTIONS

1. Combine the silken tofu and shiratako in a bowl. Mix and knead with your hands, adding the tofu a little at a time, until a smooth, pliable dough forms — it should feel as soft as an earlobe. If the dough is too dry, add 1 teaspoon of water at a time; if too wet, add a pinch more shiratako.
2. Divide the dough into 12 equal pieces and roll each into a smooth ball between your palms. Flatten the center of each ball slightly with your thumb so they cook evenly.
3. Bring a medium saucepan of water to a rolling boil over high heat. Add the dumplings and cook for 3–4 minutes, until they float to the surface and have been floating for at least 1 minute. Remove with a slotted spoon and transfer to a bowl of cold water for 1 minute to stop cooking and firm up the texture.
4. While the dumplings cool, mix the kinako, sugar, and salt together in a small bowl to make the coating. Drain the cooled dumplings and pat lightly dry with paper towels.
5. Roll each dumpling in the kinako mixture until fully coated, then thread 3 onto a skewer. Drizzle with kuromitsu just before serving.

64. Crispy Spiced Chickpea Nuts (Vegan Snack)

15 min Serves 6

INGREDIENTS

1 pound (450g) dried chickpeas, soaked overnight in cold water and drained
1 teaspoon sea salt, plus more for boiling
1/4 cup extra-virgin olive oil
1/2 cup nutritional yeast
2 teaspoons ground cumin
1/2 teaspoon granulated garlic

INSTRUCTIONS

1. Drain soaked chickpeas and place in a large pot. Cover with fresh water by 2 inches, add a generous pinch of salt, and bring to a boil. Reduce heat and simmer for 45–60 minutes until tender but not mushy. Drain and spread on a clean towel; pat very dry.
2. Preheat oven to 400F (200C). Spread dried chickpeas on a rimmed baking sheet in a single layer. Roast for 20 minutes, shaking the pan once halfway through.
3. Remove pan from oven and drizzle chickpeas with olive oil. Sprinkle with nutritional yeast, cumin, granulated garlic, and 1 teaspoon salt. Toss to coat evenly.
4. Return to oven and roast for another 20–25 minutes, shaking the pan every 10 minutes, until chickpeas are deep golden and fully crunchy throughout.
5. Let cool on the baking sheet for 10 minutes before serving – they crisp further as they cool. Store in an open container at room temperature for up to 3 days.

65. No-Fuss BBQ Tofu Sandwiches (5-Ingredient)

35 min Serves 4

INGREDIENTS

1 lb extra-firm tofu, pressed for 30 minutes
1 cup barbecue sauce, divided
1 medium yellow onion, thinly sliced
1 green or red bell pepper, thinly sliced
1 tablespoon olive oil
4 whole wheat hoagie rolls
Salt and black pepper to taste

INSTRUCTIONS

1. Press tofu for at least 30 minutes. Cut pressed tofu into 1/2-inch slabs. Place tofu in a shallow dish, pour 3/4 cup barbecue sauce over it, and marinate for at least 30 minutes (or up to 24 hours in the refrigerator).
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange marinated tofu slabs on the prepared baking sheet in a single layer.
3. Bake tofu for 20 minutes, flip each piece, brush with remaining marinade from the dish, and bake for another 20 minutes until edges are caramelized and slightly crispy.
4. While tofu bakes, heat olive oil in a skillet over medium heat. Add sliced onion and bell pepper with a pinch of salt; cook for 10 to 12 minutes, stirring occasionally, until softened and lightly caramelized.
5. Warm the hoagie rolls. Drizzle the inside of each roll with the remaining 1/4 cup fresh barbecue sauce. Layer with tofu slabs and top with sautéed onion and bell pepper. Serve immediately.

66. Quick Vegan Asian Lettuce Wraps (20-Min)

10 min Serves 4

INGREDIENTS

2 teaspoons canola oil
1 (320 g / 11 oz) package veggie crumble
1 clove garlic, minced
2 teaspoons fresh ginger, grated
2 tablespoons hoisin sauce
1/2 teaspoon sesame oil
1 pinch dried red chile flakes
8 large butter lettuce or iceberg leaves
1/2 cup shredded carrot
1/2 cup English cucumber, diced
1/2 cup sweet red pepper, diced
1/3 cup green onions, chopped
1/3 cup fresh cilantro, chopped

INSTRUCTIONS

1. Heat canola oil in a large skillet over medium-high heat. Add veggie crumble and cook, breaking it apart, for 4 minutes until lightly browned.
2. Add garlic and ginger to the skillet and cook for 1 minute until fragrant. Stir in hoisin sauce, sesame oil, and chile flakes; cook for 2 more minutes until the crumble is fully coated and heated through. Remove from heat.
3. While the filling cooks, prepare toppings: shred carrot, dice cucumber and red pepper, chop green onions and cilantro. Arrange lettuce leaves open-side up on a platter.
4. Spoon filling evenly into each lettuce cup. Top with carrot, cucumber, red pepper, green onions, and cilantro. Serve immediately.

67. Easy Spring Rolls With Broccoli Stems (20-Minute)

15 min Serves 8

INGREDIENTS

2 ounces rice vermicelli (thin rice sticks)
1/4 cup rice vinegar
2 teaspoons soy sauce
3 cups grated broccoli stems (from about 3 large broccoli crowns)
1/2 teaspoon salt
4 ounces firm tofu, pressed and cut into thin strips
1 tablespoon light miso
1 tablespoon chopped fresh chives
2 tablespoons chopped fresh Thai basil or tarragon
2 tablespoons fresh mint leaves, coarsely chopped
1/2 cup fresh cilantro, chopped
8 inner romaine lettuce leaves, chopped
16 to 24 pieces pickled ginger
8 rice paper spring roll wrappers (8.5-inch rounds)

INSTRUCTIONS

1. Cook rice vermicelli in a pot of boiling water for 3 to 4 minutes until tender but not mushy. Drain, rinse under cold water, and toss with the rice vinegar and soy sauce. Set aside.
2. In a bowl, toss the grated broccoli stems with salt and the miso. Let stand 5 minutes, then squeeze out any excess liquid with your hands.
3. Slice the pressed tofu into thin strips about 2 inches long and 1/4 inch wide.
4. Combine the broccoli stems, dressed noodles, tofu strips, chives, Thai basil, mint, cilantro, romaine, and pickled ginger in a large bowl. Toss gently to mix.
5. Fill a wide, shallow dish with warm water. Submerge one rice paper wrapper for 15 to 20 seconds until pliable but not fully soft. Lay it flat on a clean damp surface.
6. Place about 1/2 cup of filling in the center lower third of the wrapper. Fold the bottom edge up over the filling, fold in both sides, then roll tightly away from you to seal. Repeat with remaining wrappers and filling. Serve immediately.

68. Savory Tofu Sandwich Filling (Easy Spread)

10 min Serves 4

INGREDIENTS

1 lb (450 g) firm tofu, pressed
1/4 cup (65 g) brown miso
1/3 cup (85 g) roasted tahini
2 tablespoons yellow or white onion, finely minced
3 tablespoons carrot, finely minced (optional)
3 tablespoons unsalted sunflower seeds
Black pepper to taste

INSTRUCTIONS

1. Press tofu for 30 to 40 minutes: wrap the block in a clean kitchen towel, set on a plate, and weigh down with a heavy skillet. The goal is to remove as much moisture as possible so the spread is thick and not watery.
2. Break pressed tofu into chunks and place in a large bowl. Mash thoroughly with a fork or potato masher until crumbly and no large lumps remain.
3. Add brown miso and tahini to the mashed tofu. Mix well until fully combined and creamy. The miso provides all the salt needed – taste before adding any extra.
4. Stir in minced onion and carrot (if using). Fold in sunflower seeds. Season with black pepper.
5. Refrigerate for at least 30 minutes before serving to let the flavors meld. Store covered in the refrigerator for up to 5 days. Serve on bread, crackers, or use as a wrap filling.

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