

2-Hour Sunday Vegan Prep Workflow

The step-by-step kitchen workflow to prep 15 vegan
meals in exactly 120 minutes

VeganPreps

How This Workflow Works

This is not a recipe book. It is a timed kitchen workflow. Follow it step by step and you will have 15 portioned vegan meals in your fridge within 2 hours.

What You Will Have at the End

- 5 lunches: grain + protein + roasted vegetables, portioned in containers
- 5 dinners: soup, curry, or stew in single-serve portions
- 5 breakfasts: overnight oats or grain bowls, ready to grab
- 3 sauces in jars for mixing up flavors during the week
- All containers labeled with contents and date

Before You Start

PREP YOUR WORKSPACE

Clear counter space. Pull out all containers, cutting boards, and sheet pans before you start the clock. Read the full workflow once so you know what is coming. Set a timer on your phone.

For the full recipe collection and more meal prep guides, visit veganpreps.com.

Kitchen Action Plan

Follow this minute-by-minute workflow. Everything runs in parallel to hit the 120-minute mark.

MINUTES 0-15: PREHEAT AND CHOP

Preheat oven to 425F / 220C. Line two sheet pans with parchment paper.

Peel and cube 2 large sweet potatoes into 1-inch pieces. Press 1 block of firm tofu, then cube it.

Toss sweet potatoes on pan 1 with olive oil, salt, smoked paprika. Toss tofu on pan 2 with soy sauce, garlic powder, cornstarch.

Both pans go in the oven in the next block. Do not put them in yet.

MINUTES 15-45: OVEN + STOVETOP START

Put both sheet pans in the oven. Set timer for 25 minutes. Flip tofu at the halfway mark.

Start quinoa on the stove: 2 cups quinoa + 4 cups water. Bring to boil, reduce heat, cover, 15 minutes.

Start lentil soup in a large pot: dice 1 onion, 2 carrots, 2 celery stalks. Cook in olive oil 5 minutes. Add 1.5 cups red lentils, 6 cups broth, cumin, turmeric. Simmer 25 minutes.

Quinoa and soup cook while oven runs. You have 10 free minutes here.

MINUTES 45-75: SAUCES, RICE, AND VEGETABLES

Remove sheet pans from oven. Set roasted sweet potatoes and tofu aside to cool.

Make 3 sauces in small jars: Ginger Sesame (soy sauce, sesame oil, ginger, rice vinegar, maple syrup), Tahini Lemon (tahini, lemon juice, garlic, water), Spicy Peanut (peanut butter, sriracha, soy sauce, lime juice, warm water).

Start brown rice: 2 cups rice + 4 cups water. Bring to boil, reduce, cover, 40 minutes (finishes during assembly).

While rice cooks, chop raw vegetables for lunch containers: broccoli florets, bell pepper strips, shredded cabbage, sliced cucumbers.

Lentil soup should be done by minute 55. Turn off heat, season with lemon juice and salt.

MINUTES 75-100: ASSEMBLY

Lay out 15 meal prep containers on the counter.

5 lunch containers: scoop quinoa on one side, roasted tofu + sweet potato + raw vegetables on the other. Sauce jar on top or a dollop of tahini inside.

5 dinner containers: ladle lentil soup into each. These reheat well or eat at room temperature.

5 breakfast containers: layer rolled oats, chia seeds, plant milk, and a sliced banana. Seal and refrigerate (overnight oats ready by morning).

Brown rice will be done around minute 95. Portion extra rice into 2-3 containers for quick weeknight dinners.

MINUTES 100–120: LABEL AND CLEAN

Label each container with contents and today's date using masking tape and a marker.

Store sauces in separate jars. Fridge life: tahini 5 days, peanut sauce 5 days, ginger sesame 7 days.

Stack containers in the fridge: breakfasts on top shelf, lunches in the middle, dinners on the bottom.

Wash all pots, pans, cutting boards, and wipe down counters.

Done. 15 meals prepped, kitchen clean, week sorted.

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Recipes

1. Slow Cooker Sweet Potato Casserole (Dairy-Free)

15 min Serves 8

INGREDIENTS

5 medium sweet potatoes (about 2.5 lbs / 1.1 kg),
peeled and roughly chopped

2 tablespoons vegan butter (such as Earth Balance),
melted

1/2 cup fresh orange juice

2 teaspoons pure vanilla extract

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 teaspoon fine salt

1/2 cup packed light brown sugar

2 cups vegan mini marshmallows

INSTRUCTIONS

1. Lightly grease the slow cooker insert with cooking spray or a thin layer of vegan butter. Add the chopped sweet potatoes.
2. Pour the orange juice and melted vegan butter over the sweet potatoes. Sprinkle with vanilla, cinnamon, nutmeg, salt, and brown sugar. Stir briefly to coat.
3. Cover and cook on LOW for 5 hours or HIGH for 3 hours, until the sweet potatoes are completely tender and pierced easily with a fork.
4. Use a fork or potato masher to mash the sweet potatoes in the slow cooker to your preferred texture – fully smooth or slightly chunky. Taste and adjust seasoning.
5. Transfer the casserole to an oven-safe dish. Scatter vegan mini marshmallows in an even layer over the top.
6. Broil on HIGH 4 to 6 inches from the heating element for 2 to 3 minutes, watching constantly, until the marshmallows are golden and toasted. Serve immediately.

2. Best Vegan Pasta Con Broccoli (30 Minutes)

10 min Serves 2

INGREDIENTS

1/2 lb (225g) whole wheat linguine

2 teaspoons olive oil

6 garlic cloves, thinly sliced

1/2 teaspoon red pepper flakes

1 teaspoon dried thyme

1/2 cup dry white wine

1 cup vegetable broth

1/2 teaspoon salt

4 cups broccoli, tops cut into small florets, stalks
peeled and thinly sliced

2 teaspoons balsamic vinegar

1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Bring a large pot of well-salted water to a boil. Cook linguine according to package directions until al dente. Reserve 1/4 cup pasta water before draining.
2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add sliced garlic and cook, stirring often, 2–3 minutes until golden and fragrant — do not let it brown.
3. Add red pepper flakes and dried thyme, stir 30 seconds. Pour in white wine and simmer 2 minutes until reduced by half. Add vegetable broth and salt, bring to a simmer.
4. Add broccoli florets and sliced stalks. Cover and cook 5–6 minutes until broccoli is bright green and just tender.
5. Add drained linguine to the skillet. Toss over medium heat 1–2 minutes, adding reserved pasta water a splash at a time if sauce is too thick. Stir in balsamic vinegar and black pepper.
6. Serve immediately, divided between 2 bowls.

3. Curried Tofu With Soy Sauce (One-Pot Method)

10 min Serves 4

INGREDIENTS

2 tablespoons peanut, canola, or grapeseed oil
1 large onion, peeled and chopped
1 tablespoon curry powder, or to taste
1 cup roughly chopped walnuts or unsalted cashews
1 can (13.5 oz) unsweetened coconut milk
1 block (about 1 lb) firm or extra-firm tofu, cut into 3/4-inch cubes
2 tablespoons soy sauce, or to taste
Salt and cayenne pepper to taste
Cooked basmati rice, for serving

INSTRUCTIONS

1. Heat oil in a large skillet or wide pot over medium heat. Add onion and cook, stirring occasionally, for 6–8 minutes until softened and golden brown.
2. Stir in curry powder and cook for 1 minute until fragrant. Add chopped nuts and stir to coat in the spiced oil, cooking for 1–2 minutes.
3. Pour in coconut milk and stir to combine, scraping up any bits from the bottom. Bring to a gentle simmer over medium heat.
4. Add tofu cubes and soy sauce. Stir gently to combine. Reduce heat to medium-low and simmer uncovered for 8–10 minutes, stirring occasionally, until the sauce thickens slightly and tofu has absorbed the flavors.
5. Season with salt and cayenne pepper to taste. Adjust curry powder or soy sauce if needed.
6. Serve over cooked basmati rice.

4. Best Korean Sautéed Tofu (30-Minute Weeknight Dinner)

35 min Serves 2

INGREDIENTS

1 block (14 oz) water-packed soft tofu, drained
2 tablespoons low-sodium soy sauce
1 tablespoon mirin
1 tablespoon rice vinegar
1 1/2 teaspoons dark sesame oil
1/2 teaspoon ground red pepper (gochugaru or cayenne)
1/2 teaspoon kosher salt
1 tablespoon canola oil
1 teaspoon fresh ginger, minced
2 cloves fresh garlic, minced
3 green onions, thinly sliced
1 teaspoon sesame seeds, for garnish

INSTRUCTIONS

1. Drain tofu and place between two layers of paper towels on a cutting board. Set a heavy skillet or pot on top and press for 30 minutes to remove excess moisture. Cut pressed tofu into 1-inch cubes and sprinkle with kosher salt and ground red pepper.
2. Whisk together soy sauce, mirin, rice vinegar, and sesame oil in a small bowl to make the sauce; set aside.
3. Heat canola oil in a large non-stick skillet over medium-high heat until shimmering. Add tofu cubes in a single layer without crowding and cook undisturbed for 3–4 minutes until golden on the bottom. Flip and cook another 2–3 minutes until crisp on all sides.
4. Reduce heat to medium. Push tofu to one side and add ginger and garlic to the open side of the pan; cook 30 seconds until fragrant, then stir into tofu.
5. Pour sauce over tofu and toss to coat. Cook 1–2 minutes until sauce reduces slightly and coats the tofu. Remove from heat and stir in most of the green onions.
6. Serve immediately over steamed rice, topped with remaining green onions and sesame seeds.

5. Crispy Panko Tofu & Vegetables (Easy)

15 min Serves 4

INGREDIENTS

3 cups puffed rice cereal, crushed
8 tablespoons vegetable oil, divided
1 1/2 teaspoons salt, divided
1 1/2 cups white rice flour
1 1/2 cups plain seltzer water
1 (16 oz / 450g) block extra-firm tofu, pressed and cut into 1-inch cubes
2 zucchini, halved and sliced on the bias
6 large button mushrooms, halved
6 asparagus spears, trimmed and cut into 2-inch pieces
2 small red onions, cut into 8 wedges each
1 red bell pepper, cored and sliced
3 tablespoons soy sauce
1 tablespoon rice vinegar
1 teaspoon sesame oil

INSTRUCTIONS

1. Press tofu for 20 minutes. Crush puffed rice cereal in a zip-lock bag with a rolling pin until it resembles coarse breadcrumbs. Spread on a plate. Mix rice flour, seltzer water, and 1/2 teaspoon salt in a bowl to form a thin batter.
2. Dip tofu cubes and vegetables into batter one at a time, letting excess drip off, then roll in crushed puffed rice cereal to coat. Set on a wire rack.
3. Heat 4 tablespoons oil in a large skillet over medium heat (350F / 175C). Working in batches without crowding, fry tofu for 3-4 minutes per side until golden and crisp. Transfer to a paper-towel-lined plate. Fry vegetables in batches for 2-3 minutes per side, adding more oil as needed.
4. Season fried tofu and vegetables immediately with remaining 1 teaspoon salt.
5. Whisk together soy sauce, rice vinegar, and sesame oil in a small bowl to make the dipping sauce.
6. Arrange tofu and vegetables on a platter and serve with dipping sauce on the side.

6. 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.

7. Easy Tofu and Mushroom Marsala

15 min Serves 4

INGREDIENTS

16 oz (450 g) firm tofu, pressed and cut into 3/4-inch cubes

10 oz (280 g) cremini mushrooms, sliced

1 (14 oz) can diced tomatoes, with juices

1 cup Marsala wine

2 tablespoons olive oil

4 garlic cloves, pressed or minced

1 red bell pepper, chopped

1/2 teaspoon dried oregano

1/2 teaspoon salt

Black pepper to taste

1/4 cup fresh basil, chopped

Crusty bread, for serving

INSTRUCTIONS

1. Press the tofu for at least 15 minutes, then cut into 3/4-inch cubes and pat dry with paper towels.
2. Heat olive oil in a large skillet over medium-high heat. Add tofu cubes in a single layer and sear for 3–4 minutes per side until golden. Remove and set aside.
3. In the same pan, add garlic and red bell pepper and cook over medium heat for 2 minutes until softened. Add oregano, salt, and black pepper and stir for 30 seconds.
4. Pour in the Marsala wine, increase heat to high, and cook for 4 minutes, stirring occasionally, until reduced by about half.
5. Add the diced tomatoes with their juices and the seared tofu. Stir to combine, reduce heat to medium, and simmer for 5–6 minutes until the sauce thickens slightly.
6. Remove from heat, stir in fresh basil, taste and adjust salt, and serve immediately with crusty bread.

8. Stuffed Tofu with Vegetables (Easy)

15 min Serves 4

INGREDIENTS

10 oz baked marinated tofu, cut lengthwise into 4 equal rectangular pieces

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon mirin

1 1/2 teaspoons minced scallion tops

1 teaspoon dark sesame oil

3 teaspoons olive oil, divided

1 small clove garlic, minced

1 teaspoon minced fresh ginger

6 scallions (white and light green parts), thinly sliced

1/2 small red bell pepper, finely chopped

1/2 small green bell pepper, finely chopped

1 teaspoon tamari or soy sauce

1/4 cup chopped fresh cilantro, plus more for garnish

1 1/2 teaspoons curry powder

INSTRUCTIONS

1. Make the dipping sauce: whisk together soy sauce, rice vinegar, mirin, minced scallion tops, and sesame oil in a small bowl. Set aside.
2. Cut a deep horizontal pocket into each piece of tofu: use a small sharp knife to slice into the long edge, stopping 1/2 inch from the other three sides. Be careful not to cut all the way through. Set aside.
3. Heat 2 teaspoons olive oil in an 8-inch skillet over medium heat. Add garlic and ginger and cook for 30 seconds. Add scallions and both bell peppers and stir-fry for 3–4 minutes until softened. Stir in tamari, curry powder, and cilantro. Remove from heat and let cool slightly.
4. Stuff each tofu pocket with 2–3 tablespoons of the vegetable filling, pressing gently to fill without tearing the tofu.
5. Heat remaining 1 teaspoon olive oil in the skillet over medium heat. Place stuffed tofu pieces seam-side down and cook for 2–3 minutes per side until warmed through and lightly browned on each face.
6. Arrange on a plate, spoon any remaining dipping sauce over the top, and garnish with extra cilantro. Serve immediately.

9. 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.

10. 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.

11. 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.

12. Bean Curd Peanut Salad (Best Protein)

15 min Serves 2

INGREDIENTS

1 lb (450g) fresh medium-firm tofu, pressed and cut into 1/4-inch cubes
1 teaspoon fresh ginger root, finely minced
3 tablespoons scallions, minced
3 tablespoons fresh cilantro leaves, minced
2 tablespoons sesame oil
1 tablespoon low-sodium soy sauce
1 tablespoon dry sherry
1/2 teaspoon sugar
1 dash hot sauce (such as Tabasco)
3 tablespoons dry-roasted peanuts

INSTRUCTIONS

1. Press tofu wrapped in a clean towel under a heavy pan for 10 minutes to remove excess moisture. Cut into uniform 1/4-inch cubes and place in a medium bowl.
2. Add ginger, scallions, cilantro, sesame oil, soy sauce, sherry, sugar, and hot sauce to the bowl.
3. Using clean hands or two spoons, toss gently to coat the tofu without breaking the cubes. Every piece should be evenly coated with dressing.
4. Let the salad rest for 10 minutes at room temperature so the tofu absorbs the flavors. Scatter peanuts over the top and serve.

13. 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.

14. Overnight Toasted Oat & Quinoa Bowl (Easy)

10 min Serves 1

INGREDIENTS

1/2 cup thick rolled oats (certified gluten-free if needed)

1/4 cup quinoa, rinsed

1 3/4 cups unsweetened almond milk (or other plant milk)

1/2 ripe banana, sliced

1 Medjool date, pitted and finely chopped

1/4 teaspoon ground cinnamon

Pinch of ground ginger

Pinch of ground cardamom

Pinch of fine salt

1 tablespoon chia seeds

1/2 cup frozen blueberries

INSTRUCTIONS

1. Toast the grains: place oats and quinoa in a dry skillet over medium heat. Toast for 4–5 minutes, stirring frequently, until golden and fragrant. The quinoa will begin to pop. Transfer to a bowl and let cool for 5 minutes.
2. Assemble the jar: add toasted oats and quinoa to a jar or bowl. Add almond milk, banana slices, chopped date, cinnamon, ginger, cardamom, salt, and chia seeds. Stir well to combine.
3. Refrigerate overnight (at least 8 hours) until the grains have softened and absorbed the liquid. The chia seeds will expand and thicken the mixture.
4. In the morning, stir the bowl. If it is too thick, loosen with a splash of almond milk.
5. Top with frozen blueberries (they will thaw quickly) and serve cold, or warm in a saucepan over medium-low heat for 3–4 minutes, stirring gently, until heated through.

15. 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.

16. Elegant Vegan Vichyssoise (Chilled Soup)

15 min Serves 6

INGREDIENTS

2 tablespoons olive oil

6 medium leeks, dark green tops removed, white and light green parts sliced into rings

1 small yellow onion, diced

1 tablespoon fresh thyme leaves (or 1 teaspoon dried)

1 bay leaf

4 small Russet potatoes (or 6 Yukon Gold), peeled and cut into 1-inch pieces

2 quarts (8 cups) vegetable stock

1 quart (4 cups) unsweetened cashew milk

1 teaspoon salt, plus more to taste

1/2 teaspoon white pepper

1/4 cup fresh chives, finely minced, to serve

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add leeks and onion and cook, stirring occasionally, for 8 minutes until softened and translucent. Add thyme and bay leaf and cook for 1 minute more.
2. Add potatoes and vegetable stock. Bring to a boil, then reduce heat to a gentle simmer. Cook uncovered for 20 to 25 minutes until potatoes are completely tender and break apart easily with a fork. Remove and discard the bay leaf.
3. Working in batches, carefully transfer the soup to a blender and blend on high until very smooth, about 60 seconds per batch. Leave the blender lid slightly ajar and hold a folded towel over it to allow steam to escape.
4. Pass the pureed soup through a fine-mesh sieve into a large bowl or clean pot, pressing with the back of a ladle to extract all liquid. Discard any fibrous solids.
5. Stir in cashew milk and season with salt and white pepper. Taste and adjust. Refrigerate for at least 4 hours or overnight until thoroughly chilled.
6. Serve cold in bowls, topped with a generous pinch of minced chives and a crack of white pepper.

17. Best Three-Meal Vegan Chili (Make-Ahead)

15 min Serves 6

INGREDIENTS

1 tablespoon olive oil
1 large onion, diced
4 cloves garlic, minced
1 can (15 oz) ranchero beans, rinsed and drained
1 can (15 oz) pinto beans, rinsed and drained
1 can (15 oz) kidney beans, rinsed and drained
2 cans (10 oz each) diced tomatoes with green chiles
1 can (28 oz) whole peeled tomatoes, crushed by hand
1 can (15 oz) tomato sauce
1 cup vegetable broth
2 packages (1.25 oz each) vegan chili seasoning mix
2 tablespoons chili powder
1 teaspoon cayenne pepper
1 cup green lentils, rinsed (or 2 cups cooked green lentils)
Salt to taste

INSTRUCTIONS

1. If using dry lentils: simmer in 2 cups water for 20 minutes until just tender, drain, and set aside.
2. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook 5 minutes until softened. Add garlic and cook 1 minute more. Add chili seasoning mix, chili powder, and cayenne and stir 30 seconds to bloom the spices.
3. Add all three cans of beans, diced tomatoes with chiles, crushed whole tomatoes, tomato sauce, and vegetable broth. Stir well and bring to a boil.
4. Reduce heat to low, cover, and simmer 30 minutes, stirring occasionally. Add cooked lentils and simmer uncovered 10 minutes more until chili thickens. Taste and adjust salt and seasoning.
5. Serve hot. Leftovers keep refrigerated up to 5 days or frozen up to 3 months. Flavors improve overnight.

18. Quick Soy Milk Noodle Soup (Ready in 15 Min)

5 min Serves 2

INGREDIENTS

150 g (about 2 servings) dried ramen or udon noodles
200 ml (3/4 cup) unsweetened soy milk
3 tablespoons vegan mentsuyu (3x concentrate)
1 teaspoon doubanjiang (Chinese chili bean paste), or more to taste
1 tablespoon ground sesame seeds
1 teaspoon ra-yu (Japanese chili sesame oil), to taste
2 green onions, finely sliced
1 tablespoon roasted sesame seeds

INSTRUCTIONS

1. Cook noodles according to package directions in boiling salted water. Drain and divide between two bowls.
2. While noodles cook, combine soy milk, vegan mentsuyu, doubanjiang, and ground sesame seeds in a small saucepan over medium heat. Stir and heat for 3 to 4 minutes until steaming but not boiling. Taste and add more doubanjiang for extra heat.
3. Pour hot broth evenly over the noodles in each bowl.
4. Top each bowl with sliced green onions, roasted sesame seeds, and a drizzle of ra-yu. Serve immediately.

19. Easy Vegan Italian Garbanzo Bean Soup

20 min Serves 4

INGREDIENTS

1/2 cup dried garbanzo beans (chickpeas), soaked overnight in plenty of cold water, drained

1 tablespoon olive oil

1 medium onion, finely chopped

3 cloves garlic, minced

2 medium carrots, sliced into rounds

3 medium celery stalks, sliced

1 teaspoon fennel seed

1 teaspoon dried oregano

1 teaspoon dried thyme

1 can (410g/14.5 oz) fire-roasted diced tomatoes

3 cups (720ml) vegetable broth

18 grape tomatoes, halved

2 cups baby spinach

1 tablespoon fresh flat-leaf parsley, chopped

Salt and black pepper to taste

INSTRUCTIONS

1. Drain soaked garbanzo beans and simmer in fresh unsalted water in a medium pot for 45–50 minutes until tender; drain and, if desired, slip off the skins by gently rubbing the beans between your hands — this makes the soup smoother.
2. Heat olive oil in a large pot over medium heat; add onion and cook 4–5 minutes until softened, then add garlic, fennel seed, oregano, and thyme and stir for 1 minute until fragrant.
3. Add carrots, celery, canned tomatoes, and vegetable broth; bring to a boil, then reduce heat and simmer 15 minutes until vegetables are tender.
4. Add cooked garbanzo beans and grape tomatoes; simmer 5 minutes, then season generously with salt and pepper.
5. Remove from heat, stir in baby spinach and fresh parsley until spinach is wilted (about 1 minute), and serve immediately.

20. 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.

21. 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.

22. Easy Vegan Mediterranean Scramble (Tofu)

5 min Serves 2

INGREDIENTS

1 (400g/14 oz) package firm tofu, drained
1 tablespoon oil from the sun-dried tomato jar (or olive oil)
2 cloves garlic, minced
115g (4 oz) sliced mushrooms
2 tablespoons chopped sun-dried tomatoes in olive oil
1 (65g/2.25 oz) can sliced black olives, drained
1/2 teaspoon turmeric
2 tablespoons nutritional yeast
1/2 teaspoon salt
1/4 teaspoon ground black pepper
Fresh parsley or basil to garnish (optional)

INSTRUCTIONS

1. Drain tofu and crumble it into rough, uneven pieces with your hands directly over the sink to remove excess liquid.
2. Heat oil in a non-stick skillet over medium-high heat; add garlic and mushrooms and cook 3–4 minutes, stirring occasionally, until mushrooms are browned and liquid has evaporated.
3. Add sun-dried tomatoes and olives; stir for 30 seconds, then add crumbled tofu, turmeric, nutritional yeast, salt, and pepper.
4. Stir-fry everything together for 4–5 minutes until the tofu is heated through and lightly golden, breaking up any large chunks; taste and adjust salt.
5. Remove from heat and serve immediately, garnished with fresh parsley or basil if using.

23. 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.

24. Easy Vegan Dumplings (Rice Paper)

30 min Serves 2

INGREDIENTS

8 sheets rice paper (22 cm / 9-inch)

150 g shiitake mushrooms, finely minced

50 g carrots, finely minced

30 g leeks, thinly sliced

30 g shallots, finely minced

10 g fresh ginger, finely minced

1 tablespoon chia seeds

15 ml (1 tablespoon) hot water

15 ml (1 tablespoon) soy sauce (use tamari for gluten-free)

15 ml (1 tablespoon) sesame oil

1/2 teaspoon Chinese five spice powder

1/4 teaspoon black pepper

INSTRUCTIONS

1. Stir chia seeds into the hot water in a small bowl and let sit 5 minutes until a gel forms.
2. Heat sesame oil in a skillet over medium heat. Add shallots, ginger, and leeks and cook 2 minutes until softened. Add mushrooms and carrots, cook 4 minutes until moisture evaporates. Stir in soy sauce, five spice, black pepper, and chia gel. Remove from heat and cool completely.
3. Fill a wide shallow bowl with warm water. Dip one rice paper sheet for 10–15 seconds until just pliable but not limp. Lay flat on a damp work surface.
4. Place 1 heaped tablespoon of filling in the lower third of the wrapper. Fold the bottom edge up over the filling, fold in both sides, then roll tightly upward to seal. Repeat with remaining wrappers and filling.
5. Set a steamer basket over 2.5 cm (1 inch) of boiling water. Line the basket with parchment or cabbage leaves. Place dumplings seam-side down without touching. Steam over medium-high heat for 6–8 minutes until wrappers are translucent and tender.
6. Serve immediately with soy sauce, rice vinegar, or chili oil for dipping.

25. 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.

Storage Guide

How to store your prepped meals so they stay fresh all week.

Containers

WHAT TO USE

Glass containers with snap-lock lids are best. They do not stain from curries or tomato-based dishes, and you can reheat directly in the microwave. BPA-free plastic works too, but avoid reheating food in plastic. Get containers that are all the same size so they stack evenly in the fridge.

Fridge Shelf Life

FOOD TYPE	FRIDGE LIFE	NOTES
Cooked grains (rice, quinoa)	4-5 days	Store in airtight container
Roasted vegetables	4-5 days	Keep separate from wet sauces
Baked tofu / tempeh	5 days	Stays firm when stored dry
Soups and stews	5 days	Reheat to steaming before eating
Overnight oats	3-4 days	Add toppings fresh each morning
Sauces (tahini, peanut)	5-7 days	Store in small jars separately
Raw chopped vegetables	3-4 days	Wrap in damp paper towel

What Freezes Well

ITEM	FREEZER LIFE	THAW METHOD
Lentil soup	3 months	Overnight in fridge, then reheat
Cooked rice / quinoa	3 months	Microwave from frozen with a splash of water
Curry (without potatoes)	3 months	Overnight in fridge

ITEM	FREEZER LIFE	THAW METHOD
Sauces	3-6 months	Thaw in fridge or run jar under warm water

Reheating Instructions & Lunch Combos

How to reheat each component and mix-and-match ideas so you do not eat the same meal twice.

Reheating

GRAINS (RICE, QUINOA)

Sprinkle 1-2 tbsp water over the grains before microwaving. Cover loosely. Heat 90 seconds, stir, heat 60 more seconds. This prevents dry, crunchy grains.

SOUPS AND STEWS

Microwave in 2-minute intervals, stirring between each. Or reheat in a saucepan over medium heat for 5 minutes, adding a splash of broth if too thick.

ROASTED VEGETABLES AND TOFU

Best reheated in a toaster oven or regular oven at 375F for 8-10 minutes to restore crispness. Microwave works but they will be softer.

SAUCES

Do not heat sauces separately. Drizzle them over warm food and they will come to temperature on contact. Tahini and peanut sauce thicken in the fridge – stir in a little warm water to thin.

Mix-and-Match Lunch Combos

COMBO	BASE	PROTEIN	SAUCE
Asian Bowl	Brown rice	Baked tofu + broccoli	Ginger Sesame
Mediterranean Plate	Quinoa	Roasted sweet potato + chickpeas	Tahini Lemon
Thai-Inspired	Brown rice	Baked tofu + shredded cabbage	Spicy Peanut
Simple Grain Bowl	Quinoa	Roasted vegetables + cucumber	Tahini Lemon

COMBO	BASE	PROTEIN	SAUCE
Power Bowl	Brown rice + quinoa mix	Baked tofu + sweet potato	Ginger Sesame

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