

The Vegan Bowl Matrix

5 categories, 5 options each, 100+ meal combinations

VeganPreps

How the Bowl Matrix Works

Pick one item from each category. Combine them in a bowl. That is it. The matrix gives you over 100 unique meal combinations from just 5 categories of ingredients. No recipes needed for most combinations – just assemble and eat.

How to Use This Guide

- Use the matrix on the next page to build bowls from what you have on hand
- Follow the 5 signature bowl recipes for tested combinations
- Browse the recipe collection for more bowl and salad ideas
- Use the prep-ahead guide to batch cook components on Sunday
- Reference the Sauce Matrix PDF for sauce options (separate download)

THE FORMULA

Every good bowl has 4 parts: a base (grain or greens), a protein, roasted or raw vegetables, and a sauce or dressing. Add a topping for texture. That is the entire system behind every grain bowl, buddha bowl, and poke bowl.

For the full recipe collection, visit veganpreps.com.

The Bowl Matrix

Pick 1 base + 1 protein + 2 roasted vegetables + 1 sauce + 1 topping = your bowl.

BASE (PICK 1)

Brown Rice

Quinoa

Soba Noodles

Sweet Potato

Mixed Greens

PROTEIN (PICK 1)

Crispy Tofu

Marinated Tempeh

Chickpeas

Black Beans

Edamame

ROASTED VEG (PICK 2)

Broccoli

Sweet Potato

Cauliflower

Brussels Sprouts

Bell Peppers

Zucchini

Carrots

Mushrooms

Corn

Eggplant

SAUCE (PICK 1)

Ginger Sesame *

Spicy Peanut *

Tahini Lemon *

Chipotle Lime *

Maple Mustard *

TOPPING (PICK 1)

Sesame Seeds

Avocado

Pickled Onions

Crispy Onions

Hemp Seeds

Kimchi

* Sauce recipes in the VeganPreps Sauce Matrix PDF (separate download from the PDF Vault).

MATH CHECK

veganpreps.com

5 bases x 5 proteins x 45 vegetable combos x 5 sauces x 6 toppings = 33,750 unique bowls. Even if you eat a different bowl every day, that is over 92 years of meals. You will not get bored.

5 Signature Bowls

Tested combinations from the matrix. Each one works as a complete meal.

THE ASIAN POWER BOWL

Base: Brown Rice | **Protein:** Crispy Tofu | **Veg:** Broccoli + Carrots

Sauce: Ginger Sesame | **Topping:** Sesame Seeds

Bake tofu at 400F for 25 minutes until crispy. Roast broccoli and carrots alongside. Serve over warm rice with a generous drizzle of ginger sesame dressing.

THE MEDITERRANEAN BOWL

Base: Quinoa | **Protein:** Chickpeas | **Veg:** Bell Peppers + Zucchini

Sauce: Tahini Lemon | **Topping:** Pickled Onions

Roast chickpeas with smoked paprika until crispy. Roast peppers and zucchini at 425F for 20 minutes. Serve over quinoa with tahini drizzle and quick-pickled red onions.

THE SOUTHWEST BOWL

Base: Brown Rice | **Protein:** Black Beans | **Veg:** Corn + Bell Peppers

Sauce: Chipotle Lime | **Topping:** Avocado

Season black beans with cumin and garlic. Roast corn and peppers together. Layer over rice, drizzle chipotle lime crema, top with sliced avocado.

THE NOODLE BOWL

Base: Soba Noodles | **Protein:** Marinated Tempeh | **Veg:** Mushrooms + Brussels Sprouts

Sauce: Spicy Peanut | **Topping:** Crispy Onions

Marinate tempeh in soy sauce and maple syrup, then pan-fry until caramelized. Roast mushrooms and halved brussels sprouts. Toss with cooked soba noodles and peanut sauce.

THE GREEN BOWL

Base: Mixed Greens | **Protein:** Edamame | **Veg:** Sweet Potato + Cauliflower

Sauce: Maple Mustard | **Topping:** Hemp Seeds

veganpreps.com

Roast sweet potato cubes and cauliflower florets at 425F for 25 minutes. Serve warm over a bed of mixed greens with shelled edamame. Drizzle maple mustard and sprinkle hemp seeds.

What's Inside

1. Raw Quinoa Salad (Fresh, Vegan, Gluten-Free)
2. Creamy Avocado Tofu Salad with Wasabi
3. Vegan Cowboy Pepper Salad (Rainbow)
4. Best Vegan Potato Salad (Creamy & Easy)
5. Tofu Nicoise Salad (Plant-Based Protein)
6. Quinoa Succotash With Tahini Dressing (Vegan)
7. Garlicky Kale & Chickn Salad (Easy & Cheesy)
8. Exotic Vegan Mango Endive Salad (Fresh)
9. Vegan Palak Paneer (Spinach & Tofu Curry)
10. Cozy Tofu-Potato Winter Meal (Quick)
11. Crispy Tofu with Olives & Preserved Lemon
12. Grilled Indonesian Tofu With Mango Salsa (Best Recipe)
13. Thai Pineapple Fried Rice in Shell (Easy)
14. Easy Asian Stuffed Peppers With Tofu
15. Soboro Crumbled Tofu (Japanese-Inspired)
16. Best Mushrooms in Lettuce Wraps (30-Min)
17. No-Fuss BBQ Tofu Sandwiches (5-Ingredient)
18. Savory Tofu Sandwich Filling (Easy Spread)
19. Best Tofu & Bok Choy Summer Rolls (Easy)
20. Marinated Sesame Tofu on Ciabatta
21. Crispy Spiced Chickpea Nuts (Vegan Snack)
22. Peanut Chocolate Chia Quinoa Poppers (No-Bake)
23. Easy Vegan Dumplings (Rice Paper)
24. Easy Superfood Smoothie Bowl (Ready in 5 Minutes)
25. Golden Tofu Scramble with Sun-Dried Tomatoes

Recipes

1. Raw Quinoa Salad (Fresh, Vegan, Gluten-Free)

15 min Serves 2

INGREDIENTS

1 cup sprouted quinoa (see note)
1/3 cup grape tomatoes, halved
1/2 cup English cucumber, peeled and diced
2 green onions, thinly sliced
1 tablespoon fresh lemon juice (about 1/2 lemon), or to taste
1 tablespoon fresh cilantro, chopped
1/4 teaspoon fine sea salt, or to taste
1 teaspoon olive oil (optional, for richer flavor)

INSTRUCTIONS

1. Sprout the quinoa: rinse 1/2 cup raw quinoa thoroughly, soak in cold water for 4 hours, then drain and rinse. Place in a jar covered with cheesecloth and tilt at an angle to drain. Rinse and drain twice daily for 1–2 days at room temperature until 1/4-inch tails appear. One cup sprouted quinoa results. (Skip this step if using store-bought sprouted quinoa.)
2. Halve the grape tomatoes, dice the cucumber, and thinly slice the green onions.
3. Combine sprouted quinoa, tomatoes, cucumber, and green onions in a medium bowl.
4. Drizzle with lemon juice and olive oil (if using). Add cilantro and salt, then toss well to combine.
5. Taste and adjust lemon juice and salt. Serve immediately or refrigerate for up to 1 day (texture is best fresh).

2. Creamy Avocado Tofu Salad with Wasabi

10 min Serves 1

INGREDIENTS

1/2 ripe avocado, pitted and skinned
7 oz (half a 14 oz block) firm or extra-firm tofu, drained
3 cherry tomatoes (optional), halved
3 green olives (optional), sliced
3 tablespoons extra virgin olive oil
1 teaspoon wasabi paste
1 teaspoon soy sauce
1/2 teaspoon kombu powder or vegan dashi granules
1/2 teaspoon salt
1 tablespoon lemon juice, freshly squeezed

INSTRUCTIONS

1. Pat the tofu dry with paper towels. Cut into 1 cm slices and arrange on one half of a plate. Slice the avocado into 1 cm pieces and arrange alongside or alternating with the tofu.
2. In a small bowl, whisk together olive oil, wasabi paste, soy sauce, kombu powder, salt, and lemon juice until fully combined into a smooth dressing.
3. Spoon the dressing evenly over the tofu and avocado. Top with cherry tomatoes and olives if using.
4. Serve immediately at room temperature or lightly chilled.

3. Vegan Cowboy Pepper Salad (Rainbow)

20 min Serves 6

INGREDIENTS

1 green bell pepper, diced into 1/2-inch pieces
1 red bell pepper, diced into 1/2-inch pieces
1 yellow bell pepper, diced into 1/2-inch pieces
1 red apple, cored and diced into 1/2-inch pieces
1 yellow apple, cored and diced into 1/2-inch pieces
1 green apple, cored and diced into 1/2-inch pieces
1 cup red onion, finely chopped
14 oz (400 g) canned corn, drained and rinsed
28 oz (800 g) canned black beans (two 14 oz cans),
drained and rinsed
6 tablespoons vegan Italian dressing (check label for
anchovy-free)

INSTRUCTIONS

1. Drain and rinse the canned black beans and corn thoroughly under cold running water. Shake off excess water and let sit in the strainer for a few minutes.
2. Core and dice all three bell peppers and all three apples into uniform 1/2-inch pieces. Keeping the sizes consistent ensures every forkful has a balanced mix. Finely chop the red onion.
3. Combine the drained black beans, drained corn, diced peppers, diced apples, and red onion in a large mixing bowl. Toss gently to distribute evenly.
4. Pour the Italian dressing over the salad and toss thoroughly to coat all ingredients. Taste and add salt and black pepper if needed.
5. Cover and refrigerate for at least 20 minutes before serving. The brief chill allows the dressing to penetrate and the flavors to come together. Serve cold and stir again just before plating.

4. Best Vegan Potato Salad (Creamy & Easy)

20 min Serves 4

INGREDIENTS

4 small red-skinned potatoes (about 1 lb total),
quartered
1 1/2 cups haricot verts (French green beans),
trimmed and cut into 1-inch pieces
2 tablespoons whole-grain mustard
2 tablespoons red wine vinegar
2 tablespoons olive oil
1/2 teaspoon agave nectar (or maple syrup)
3 tablespoons chopped fresh dill (or 1 tablespoon
dried dill)
1 small leek, white part only, halved lengthwise and
thinly sliced
3 stalks celery, diced
1/2 cucumber, seeded and diced
1 tablespoon chopped fresh chives
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Place potatoes in a large pot, cover with cold salted water, and bring to a boil over high heat. Cook 10 minutes, then add the haricot verts and cook 4–5 minutes more until potatoes are fork-tender and beans are crisp-tender. Drain and rinse briefly under cold water to stop cooking.
2. In a large bowl, whisk together mustard, red wine vinegar, olive oil, agave, salt, and pepper until emulsified.
3. Add the warm potatoes and green beans to the dressing and toss gently — they absorb the dressing better while still warm.
4. Add leek, celery, cucumber, dill, and chives. Toss everything together until evenly coated.
5. Taste and adjust salt and vinegar as needed. Serve at room temperature or refrigerate at least 30 minutes before serving for best flavor.

5. 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.

6. Quinoa Succotash With Tahini Dressing (Vegan)

30 min Serves 4

INGREDIENTS

1/3 cup tahini
1/2 cup water, divided
2 cloves garlic
3 teaspoons lemon juice
2 tablespoons fresh cilantro
2 teaspoons ancho chili powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon olive oil

INSTRUCTIONS

1. Combine the tahini, 1/4 cup water, garlic, lemon juice, cilantro, ancho chili powder, salt, and black pepper in a food processor and blend until fully combined and uniform.
2. If the mixture is too thick, gradually add the remaining 1/4 cup water along with the olive oil and blend again until smooth and pourable.
3. Taste the dressing and adjust seasoning with additional chili powder, lemon juice, salt, or pepper as needed.
4. Use immediately over quinoa succotash or store in an airtight container in the refrigerator for up to five days.

7. Garlicky Kale & Chickn Salad (Easy & Cheesy)

15 min Serves 2

INGREDIENTS

1/4 cup tahini, well-stirred
5 tablespoons water
2 tablespoons nutritional yeast
2 cloves garlic, minced
2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
1 (8-ounce) package plant-based crispy chicken strips
1 (12-ounce) bunch lacinato or red kale, stems removed, leaves torn into bite-size pieces

INSTRUCTIONS

1. Whisk together tahini, water, nutritional yeast, garlic, lemon juice, salt, and pepper in a large bowl until smooth and creamy.
2. Add torn kale leaves to the bowl and massage the dressing into the leaves with your hands for 2 to 3 minutes until the kale softens and reduces in volume.
3. Cover and refrigerate for at least 1 hour, or overnight, to allow the kale to fully tenderize and absorb the dressing.
4. Prepare the plant-based crispy chicken according to package directions, then slice or leave whole.
5. Remove salad from the refrigerator, toss once more, and top with the crispy chicken. Taste and adjust seasoning before serving.

8. 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.

9. Vegan Palak Paneer (Spinach & Tofu Curry)

10 min Serves 4

INGREDIENTS

9 oz (250 g) firm tofu, pressed and cut into 3/4-inch cubes

2 tablespoons neutral oil, divided

2 medium onions, finely diced

3 cloves garlic, minced

3/4-inch piece fresh ginger, peeled and finely grated

1 red chili, finely diced (seeds removed for less heat)

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon turmeric

1 teaspoon garam masala

1/4 teaspoon ground cloves

1 1/4 lb (560 g) fresh spinach

1/2 cup water

1/2 cup full-fat coconut milk

Salt to taste

INSTRUCTIONS

1. Press tofu for at least 10 minutes, then cut into 3/4-inch cubes. Heat 1 tablespoon oil in a large skillet over medium-high heat and fry the tofu cubes for 3 to 4 minutes per side until golden brown. Remove and set aside.
2. In the same skillet, heat the remaining tablespoon of oil over medium heat. Add the onions and cook for 6 to 7 minutes, stirring occasionally, until soft and translucent. Add the garlic, ginger, and chili and cook for 2 minutes more.
3. Add the cumin, coriander, turmeric, garam masala, and cloves to the pan. Stir constantly for 1 to 2 minutes until the spices are fragrant and coat the onion mixture evenly.
4. Add the fresh spinach in batches with the 1/2 cup water, stirring and wilting each batch before adding more. Once all the spinach is wilted, transfer the entire mixture to a blender and blend until smooth.
5. Return the blended spinach sauce to the skillet over medium-low heat. Stir in the coconut milk and season with salt. Add the browned tofu cubes, stir gently to coat, and simmer for 5 minutes until heated through and the sauce has thickened slightly.
6. Taste and adjust salt. Serve hot with basmati rice or flatbread.

10. Cozy Tofu-Potato Winter Meal (Quick)

10 min Serves 2

INGREDIENTS

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

3 medium red potatoes (about 12 oz), scrubbed and cut into 1-inch cubes

3 cups fresh baby spinach

8 oz cremini or button mushrooms, sliced

1/3 cup barbecue sauce

1 cup water

1/2 teaspoon garlic powder

Salt and black pepper to taste

INSTRUCTIONS

1. Place potato cubes in a large skillet with 1 cup water, barbecue sauce, and garlic powder. Bring to a boil over medium-high heat, then reduce to a simmer. Cover and cook 10 minutes until potatoes are nearly tender.
2. Add the tofu cubes and sliced mushrooms. Stir gently to combine. Continue cooking uncovered over medium heat 6-8 minutes, stirring occasionally, until the liquid reduces by half and the tofu is heated through.
3. Add the spinach and fold into the skillet. Cook 2 minutes until wilted. Season with salt and black pepper.
4. Serve directly from the pan while hot.

11. 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.

12. 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

13. Thai Pineapple Fried Rice in Shell (Easy)

20 min Serves 2

INGREDIENTS

1 large ripe pineapple
2 tablespoons canola oil or light sesame oil
1 medium onion, chopped
2 cups thinly sliced mushrooms
4 cloves garlic, minced
1/2 teaspoon red pepper flakes
1 tablespoon grated fresh ginger
4 cups cold cooked fragrant long-grain brown rice
1 cup young green beans, steamed until crisp-tender
4 ounces firm tofu, patted dry and cut into 1/2-inch cubes
1/2 cup toasted cashews
3 tablespoons soy sauce
1 teaspoon sugar
1/2 teaspoon freshly ground black pepper
2 green onions, thinly sliced diagonally
2 tablespoons toasted shredded coconut, optional

INSTRUCTIONS

1. Cut the pineapple lengthwise through the crown, keeping leaves intact. Use a serrated knife to score around the inner flesh 1/2 inch from the skin, then scoop out the flesh with a spoon or grapefruit knife. Chop 1 cup of the scooped flesh into bite-sized pieces and set aside; reserve or eat the rest. Pat the shells dry and set aside.
2. Heat 2 tablespoons oil in a large wok or 12-inch skillet over medium-high heat. Add tofu cubes and cook undisturbed for 3 minutes until golden, then stir and cook 2 minutes more. Remove tofu and set aside.
3. In the same wok, add onion and stir-fry over medium-high heat for 3 minutes. Add garlic, ginger, and red pepper flakes and cook 1 minute until fragrant.
4. Add mushrooms and cook 3 minutes until softened. Add the reserved 1 cup chopped pineapple and green beans; stir-fry 2 minutes.
5. Add the cold cooked rice, breaking up any clumps. Pour in soy sauce, sugar, and black pepper. Stir-fry everything together for 3–4 minutes until the rice is heated through and lightly browned in spots. Return the tofu to the wok and toss to combine.
6. Spoon the fried rice into the pineapple shells. Top with cashews, green onions, and toasted coconut if using. Serve immediately.

14. Easy Asian Stuffed Peppers With Tofu

10 min Serves 2

INGREDIENTS

2 large red bell peppers
2 1/2 oz uncooked Chinese-style curly noodles or angel hair pasta, broken into thirds
1 tablespoon neutral oil (canola or vegetable)
2 garlic cloves, minced
1 cup cubed firm tofu (about 6 oz), pressed dry
1/2 cup snow peas, sliced diagonally
1/2 cup carrot, cut into 1 1/2-inch julienne strips
2 tablespoons hoisin sauce
1 tablespoon low-sodium soy sauce
2 teaspoons dark sesame oil
2 tablespoons fresh cilantro, chopped
Salt to taste

INSTRUCTIONS

1. Cook noodles in a pot of boiling water for 3–4 minutes until just tender, then drain and rinse with cold water. Set aside. Cut bell peppers in half lengthwise through the stem, remove seeds and membranes, and place cut-side up in a microwave-safe dish with 2 tablespoons water. Cover and microwave on high for 3–4 minutes until just tender but still holding their shape.
2. Heat oil in a large skillet or wok over medium-high heat. Add garlic and cook for 30 seconds. Add tofu cubes and cook, stirring occasionally, for 3–4 minutes until lightly golden.
3. Add snow peas and carrot to the skillet. Stir-fry for 2 minutes until vegetables are crisp-tender.
4. Add the drained noodles, hoisin sauce, soy sauce, and sesame oil. Toss everything together over medium heat for 1–2 minutes until the sauce coats all ingredients and everything is heated through. Season with salt to taste.
5. Spoon the filling evenly into the four pepper halves. Top each with chopped cilantro and serve immediately.

15. 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.

16. Best Mushrooms in Lettuce Wraps (30-Min)

35 min Serves 4

INGREDIENTS

16 medium dried shiitake mushrooms (about 2 inches in diameter)
2 cups hot water (for soaking mushrooms)
2 tablespoons soy sauce
1 tablespoon red wine vinegar
1 tablespoon dry red wine
1 1/2 teaspoons sugar
1 teaspoon fresh ground black pepper
1 teaspoon cornstarch
2 tablespoons vegetable oil
4 celery ribs, finely diced
3 carrots, peeled and finely diced
4 green onions, trimmed and minced
2 oz (55g) firm tofu, finely diced
1 teaspoon dark sesame oil
2–3 tablespoons lightly toasted pine nuts
8–12 Boston or iceberg lettuce leaves
2–3 tablespoons hoisin sauce, for serving

INSTRUCTIONS

1. Place the dried mushrooms in a bowl and pour over 2 cups of hot (not boiling) water. Soak for 25–30 minutes until fully rehydrated and tender. Drain, reserving 2 tablespoons of the soaking liquid. Squeeze the mushrooms dry, remove and discard the tough stems, and finely dice the caps.
2. Whisk together the soy sauce, red wine vinegar, dry red wine, reserved mushroom soaking liquid, sugar, black pepper, and cornstarch in a small bowl until the cornstarch is fully dissolved. Set the sauce aside.
3. Heat the vegetable oil in a wok or large skillet over medium-high heat. Add the diced celery and carrots and stir-fry for 3 minutes until just tender with a slight bite. Add the diced mushrooms and tofu and stir-fry for 2 more minutes.
4. Pour the sauce over the vegetables and stir constantly for 1–2 minutes until the sauce thickens and glazes everything evenly. Remove from heat and stir in the sesame oil and green onions.
5. Pat the lettuce leaves dry with paper towels and arrange on a serving platter in a cupped shape. Spoon the mushroom filling into each leaf, scatter pine nuts over the top, and serve with hoisin sauce on the side for drizzling.

17. 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.

18. 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.

19. Best Tofu & Bok Choy Summer Rolls (Easy)

20 min Serves 4

INGREDIENTS

10.5 oz (300g) firm silken tofu, halved horizontally and cut into 12 strips

12 baby corn cobs, halved lengthwise

24 baby bok choy leaves (from about 6 small bok choy)

5 oz (140g) bean sprouts

1/3 cup sweet chili sauce, divided

1 tablespoon soy sauce

24 rice paper sheets (7-inch/18cm rounds)

Warm water for softening rice paper

INSTRUCTIONS

1. Bring a small pot of water to a boil. Blanch baby corn halves 2 minutes and bok choy leaves 30 seconds. Drain and pat dry. Combine sweet chili sauce and soy sauce in a small bowl; reserve half for dipping and use the rest to lightly coat the tofu strips.
2. Fill a large shallow bowl with warm (not boiling) water. Working one at a time, submerge a rice paper sheet for 15–20 seconds until just pliable – it should still feel slightly firm as it will soften further. Lay flat on a clean damp tea towel.
3. Place 1 tofu strip, 1 baby corn half (2 pieces), 1 bok choy leaf, and a small pinch of bean sprouts across the lower third of the rice paper sheet.
4. Fold the bottom edge up over the filling, fold in both sides, then roll tightly upward to seal. Place seam-side down on a plate. Repeat with remaining wrappers and filling to make 24 rolls.
5. Serve immediately with the reserved sweet chili dipping sauce. Do not refrigerate assembled rolls as the rice paper will harden.

20. Marinated Sesame Tofu on Ciabatta

20 min Serves 4

INGREDIENTS

1/4 cup soy sauce

1/4 cup sherry vinegar

1/4 cup vegetable oil

1/4 cup toasted sesame oil

1/4 cup Dijon mustard

1 (8-ounce) package extra-firm tofu, pressed and drained

2 tablespoons sesame seeds

1 large loaf ciabatta bread (or 6 ciabatta rolls), sliced for serving

1 seedless cucumber, thinly sliced

2 cups arugula

INSTRUCTIONS

1. Press tofu for at least 15 minutes, then slice into 1/2-inch planks. Whisk together soy sauce, sherry vinegar, vegetable oil, sesame oil, and Dijon mustard in a shallow dish. Add tofu slices and marinate for at least 20 minutes, flipping halfway through. Reserve the marinade.
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper. Remove tofu from marinade, sprinkle both sides with sesame seeds, and arrange in a single layer on the baking sheet.
3. Bake tofu for 20 to 25 minutes, flipping once halfway, until golden and firm with lightly toasted sesame seeds.
4. While tofu bakes, cut ciabatta into sandwich-sized portions and brush cut sides lightly with reserved marinade. Toast cut-side down in a dry skillet over medium heat for 2 to 3 minutes until golden.
5. Assemble sandwiches: layer arugula on the bottom half of the ciabatta, top with baked sesame tofu planks and cucumber slices, then close with the top half. Serve immediately.

21. 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.

22. Peanut Chocolate Chia Quinoa Poppers (No-Bake)

15 min Serves 12

INGREDIENTS

1/2 cup sprouted quinoa (dry, uncooked)
1/2 cup cocktail peanuts
1/2 cup pitted Medjool dates (about 8–10 dates)
1/2 cup organic dark roasted crunchy peanut butter
1/2 tablespoon chia seeds
2 tablespoons unsweetened cocoa powder
1/4 cup cinnamon sugar (for rolling)

INSTRUCTIONS

1. Toast the sprouted quinoa in a dry skillet over medium heat for 3–4 minutes, shaking the pan, until golden and fragrant. Some grains will pop – this is normal. Transfer to a plate to cool completely.
2. Place dates in a food processor and pulse until a sticky paste forms. Add peanut butter, cocoa powder, and chia seeds and process until combined.
3. Add toasted quinoa and peanuts to the food processor. Pulse in short bursts until the mixture comes together but still has texture – do not over-process. The mixture should hold its shape when pressed together. If too dry, add 1 teaspoon water and pulse again.
4. Scoop tablespoon-sized portions of the mixture and roll into balls between your palms. Roll each ball in cinnamon sugar to coat.
5. Place poppers on a parchment-lined plate or tray and refrigerate for at least 30 minutes until firm. Store in an airtight container in the refrigerator for up to 1 week.

23. 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.

24. 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.

25. 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.

Prep-Ahead Guide

Batch cook these components on Sunday. Assemble bowls in 5 minutes all week.

COMPONENT	PREP METHOD	FRIDGE LIFE	BATCH SIZE
Brown Rice	Cook 2 cups dry (makes ~6 cups). Cool and refrigerate.	5 days	6 cups cooked
Quinoa	Cook 2 cups dry (makes ~6 cups). Cool and refrigerate.	5 days	6 cups cooked
Crispy Tofu	Press, cube, toss in cornstarch + soy sauce. Bake at 400F for 25 min.	5 days	2 blocks (8 servings)
Marinated Tempeh	Slice, marinate in soy sauce + maple syrup 15 min, pan-fry until golden.	5 days	2 blocks (8 servings)
Roasted Vegetables	Cut into uniform pieces. Toss with olive oil and salt. Roast at 425F for 20–25 min.	4–5 days	2 sheet pans
Chickpeas / Black Beans	Drain, rinse, season. Roast at 400F for 20 min or store plain.	5 days	2 cans (4 servings each)
Sauces	Make 2–3 sauces in small jars. Whisk or blend. Refrigerate.	5–7 days	3 jars (~1 cup each)
Pickled Onions	Thinly slice red onion. Cover with rice vinegar + pinch of sugar + salt. 30 min.	2 weeks	1 jar (2 large onions)

ASSEMBLY ORDER

When building a bowl: warm base first (microwave grains 90 seconds with a splash of water), add room-temperature protein and vegetables on top, drizzle sauce last. Add fresh toppings (avocado, kimchi, seeds) right before eating. Total assembly time: under 5 minutes.

Looking for More?

This is one of 27 free guides in the VeganPreps PDF Vault.
Browse meal plans, cheat sheets, printable planners, and
more.

[Browse All 27 Free Guides](#)



Scan to open on your phone

VeganPreps

veganpreps.com