

\$40/Week Vegan Meal Prep Plan

7 days of filling plant-based meals for under \$40 at
your local supermarket

VeganPreps

How This Plan Works

This guide gives you a full week of vegan meals built around cheap staples you can find at any supermarket. Every recipe uses ingredients that cost less than \$40 total when bought in standard package sizes.

What You Get

- A 7-day meal plan with breakfast, lunch, dinner, and a snack
- 25 budget-friendly recipes with full ingredients and steps
- A table of contents for quick navigation
- A grocery list organized by store section
- A swap chart for cheaper ingredient alternatives
- Budget shopping tips you can use right away

Budget Strategy

HOW TO HIT THE \$40 TARGET

Buy dry lentils, rice, oats, and beans in bulk. Use frozen vegetables instead of fresh when prices spike. Pick store-brand canned goods. A single bag of dried lentils (\$1.50–2.00) makes 6–8 servings of protein-rich meals.

All calorie and protein numbers are approximate, based on USDA FoodData Central data for standard portions. For the full recipe collection, visit veganpreps.com.

7-Day Meal Plan

~1500–1650 calories per day with 50–70g protein from whole plant foods.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CAL / PROTEIN
Mon	Overnight Oats with Banana (1/2 cup oats, 1 banana, 1 cup oat milk) ~410 cal / ~12g protein	Lentil Soup + Bread Slice (1.5 cups soup, 1 slice sourdough) ~360 cal / ~21g protein	Black Bean Chili + Brown Rice (1 cup chili, 3/4 cup rice) ~520 cal / ~20g protein	PB on Toast (2 slices, 1 tbsp PB each) ~270 cal / ~10g protein	~1560 ~63g
Tue	Tofu Scramble + Toast (150g tofu, 1 slice bread) ~340 cal / ~23g protein	Chickpea Salad Wrap (1/2 cup chickpeas, 1 tortilla, veggies) ~380 cal / ~16g protein	Pasta with Lentil Sauce (200g pasta, 1/2 cup lentil sauce) ~500 cal / ~22g protein	Oat Energy Balls (3 balls, oats + PB + maple) ~240 cal / ~8g protein	~1460 ~69g
Wed	Oat Porridge + PB (1/2 cup oats, 1 tbsp PB, oat milk) ~420 cal / ~14g protein	Brown Rice & Tofu Bowl (1 cup rice, 150g tofu, mixed veg) ~460 cal / ~22g protein	Potato & Chickpea Curry (2 medium potatoes, 1/2 cup chickpeas) ~480 cal / ~16g protein	Banana + Handful of Peanuts (1 banana, 30g peanuts) ~250 cal / ~8g protein	~1610 ~60g
Thu	Pancakes with Berries (3 small pancakes, 1/2 cup berries) ~350 cal / ~9g protein	Leftover Chickpea Curry + Rice (1 cup curry, 3/4 cup rice) ~480 cal / ~16g protein	Sloppy Janes on Buns (1 cup lentil filling, 1 bun) ~400 cal / ~15g protein	Rice Cakes + PB (2 cakes, 1 tbsp PB each) ~280 cal / ~9g protein	~1510 ~49g
Fri	Overnight Oats with PB (1/2 cup oats, 1 tbsp PB, oat milk) ~430 cal / ~15g protein	Bean & Rice Burrito (1/2 cup beans, 1/2 cup rice, 1 tortilla) ~460 cal / ~17g protein	Simple Lentil Soup + Toast (1.5 cups soup, 1 slice bread) ~360 cal / ~21g protein	Banana + Oat Bar (1 banana, 1 homemade oat bar) ~250 cal / ~5g protein	~1500 ~58g
Sat	Tofu Scramble + Potatoes (150g tofu, 1 medium potato) ~400 cal / ~22g protein	Quinoa & Black Bean Salad (3/4 cup quinoa, 1/2 cup black beans) ~420 cal / ~18g protein	One-Pot Curry Noodles (200g noodles, mixed veg, curry paste) ~470 cal / ~14g protein	PB Banana Smoothie (1 banana, 1 tbsp PB, 1 cup oat milk) ~300 cal / ~10g protein	~1590 ~64g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CAL / PROTEIN
Sun	Banana Oat Pancakes (1 banana, 1/2 cup oats, flax egg) ~380 cal / ~12g protein	Leftover Curry Noodles (1 large bowl, reheated) ~470 cal / ~14g protein	Bean Casserole + Brown Rice (1 cup casserole, 3/4 cup rice) ~530 cal / ~21g protein	Toast + PB (2 slices bread, 1 tbsp PB each) ~270 cal / ~10g protein	~1650 ~57g

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

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Recipes

1. 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.

2. Yam & Oat Breakfast Casserole (Meal Prep)

15 min Serves 6

INGREDIENTS

2 medium yams (about 1 lb total), peeled and cubed into 1-inch pieces
1 cup old-fashioned rolled oats
2 cups water
2 tablespoons flax meal
1/4 cup pure maple syrup
1/2 teaspoon ground cinnamon
1/2 teaspoon pumpkin pie spice
For the topping: 1/2 cup chopped walnuts, 1/4 cup old-fashioned rolled oats, 2 tablespoons light brown sugar, 2 tablespoons chia seeds, 2 tablespoons olive oil

INSTRUCTIONS

1. Preheat the oven to 375 F (190 C). Grease an 8x8-inch baking dish with a little olive oil or cooking spray.
2. Steam or microwave the yam cubes for 8 to 10 minutes until completely tender when pierced with a fork. Transfer to a large bowl and mash until smooth.
3. Stir the oats, water, flax meal, maple syrup, cinnamon, and pumpkin pie spice into the mashed yam until fully combined. Pour the mixture into the prepared baking dish and spread evenly.
4. In a small bowl, combine the topping walnuts, oats, brown sugar, chia seeds, and olive oil. Mix until the oats are coated, then scatter evenly over the casserole.
5. Bake for 30 to 35 minutes until the top is golden brown and the center is set and no longer jiggles when the dish is gently shaken.
6. Cool for 10 minutes before slicing into 6 portions. Refrigerate leftovers in an airtight container for up to 5 days and reheat individual portions in the microwave for 90 seconds.

3. 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.

4. 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.

5. 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.

6. 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.

7. Siesta Special Rice & Black Bean Bowl

15 min Serves 2

INGREDIENTS

1 cup (195 g) raw white rice
2 cups (470 ml) water
1/2 teaspoon salt, divided
1 (15.5 oz / 440 g) can black beans, rinsed and drained
1/4 cup (28 g) sun-dried tomatoes packed in olive oil, drained and chopped (reserve oil)
1/2 cup (75 g) red bell pepper, diced
1 cup (145 g) ripe avocado (about 1 medium), diced
1/2 cup (8 g) fresh cilantro leaves, coarsely chopped
2 teaspoons (5 g) chia seeds
2 tablespoons (30 ml) fresh lemon juice
2 tablespoons (30 ml) reserved sun-dried tomato oil or extra-virgin olive oil
Black pepper to taste

INSTRUCTIONS

1. Combine rice, water, and 1/4 teaspoon salt in a medium saucepan. Bring to a boil over high heat, then reduce to the lowest setting, cover, and cook for 18 minutes. Remove from heat and let steam, covered, for 5 minutes. Fluff with a fork and spread on a baking sheet to cool to room temperature, about 15 minutes.
2. While rice cools, whisk together lemon juice, reserved sun-dried tomato oil, and remaining 1/4 teaspoon salt in a large bowl. Add black beans and toss to coat.
3. Add cooled rice, sun-dried tomatoes, red bell pepper, and chia seeds to the bowl. Toss gently to combine.
4. Add avocado and cilantro. Fold in carefully to keep avocado pieces intact. Taste and adjust salt, pepper, and lemon juice.
5. Divide between 2 bowls and serve immediately, or refrigerate up to 2 hours before serving (add avocado just before serving if making ahead).

8. Quick Thai Green Bean Salad (20 Minutes)

15 min Serves 4

INGREDIENTS

1 (14 oz) block firm tofu, cut into 1/2-inch planks
1 tablespoon vegetable oil (plus more for grill)
3/4 lb (340 g) green beans, trimmed
2 to 3 Thai or serrano chiles, seeds removed, finely chopped
4 cloves garlic, pressed
1/2 cup fresh lime juice (about 4 limes)
1/4 cup granulated sugar
3 tablespoons soy sauce
1 teaspoon kosher salt
1 large ripe mango, peeled and thinly sliced
2 medium carrots, peeled and julienned or shredded
1 medium avocado, thinly sliced
1/2 cup fresh cilantro leaves
12 large butter lettuce or iceberg leaves

INSTRUCTIONS

1. Whisk together chiles, garlic, lime juice, sugar, soy sauce, and salt in a bowl. Divide in half: pour one portion into a shallow dish, add 1 tablespoon oil, and stir. Add tofu planks to the marinade and let sit 10 minutes, turning once.
2. Heat a grill or grill pan over medium-high heat and lightly oil the grates. Grill tofu 3 to 4 minutes per side until clear grill marks form. In the last 3 minutes, add green beans and grill, turning once, until lightly charred. Remove everything and let cool slightly.
3. Cut grilled tofu into bite-sized pieces. Toss green beans with half the reserved sauce.
4. Arrange lettuce leaves on a large platter. Divide mango, carrot, grilled green beans, and tofu among the cups. Top with avocado slices and cilantro. Drizzle remaining sauce over the top and serve immediately.

9. 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.

10. 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.

11. 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.

12. Bean Curd With Broccoli (Weeknight Easy)

10 min Serves 2

INGREDIENTS

1/2 lb (225g) medium-firm tofu, cut into 3/4-inch cubes
2 cups broccoli, cut into small florets (stems peeled and sliced)
4 tablespoons vegetable oil, divided
2 slices fresh gingerroot
2 garlic cloves, sliced
1 scallion, cut into 1-inch pieces
3/4 cup vegetable stock, divided
2 tablespoons low-sodium soy sauce
1 tablespoon dry sherry
1 tablespoon sesame oil
1 1/2 teaspoons cornstarch
1/2 teaspoon salt

INSTRUCTIONS

1. In a small bowl, whisk cornstarch with 2 tablespoons of the cold vegetable stock until dissolved. Stir in remaining stock, soy sauce, sherry, and sesame oil. Set sauce aside.
2. Heat a wok or large skillet over high heat. Add 2 tablespoons vegetable oil and stir-fry broccoli with salt for 2 minutes until bright green. Add remaining 1/4 cup stock, cover, and steam for 1 minute. Transfer broccoli to a plate.
3. Return wok to high heat, add remaining 2 tablespoons oil. Fry ginger and garlic for 30 seconds until fragrant. Add tofu cubes and cook undisturbed for 2 minutes, then gently turn and cook 1–2 minutes more until lightly golden.
4. Return broccoli to the wok. Pour the sauce over everything and add the scallion pieces. Toss gently over medium-high heat for 1–2 minutes until sauce thickens and coats the ingredients.
5. Remove ginger slices before serving. Serve immediately over steamed rice.

13. 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.

14. Spicy Big Hot Curry Noodle Pot (Easy)

10 min Serves 4

INGREDIENTS

8 oz udon noodles

2 tablespoons olive oil

1 medium onion, chopped

2 garlic cloves, minced

1 yellow bell pepper, thinly sliced

1 1/2 teaspoons red curry paste

2 teaspoons ground turmeric

12 oz extra-firm tofu, cut into 1-inch cubes

14 oz lite coconut milk

2 cups vegetable broth

2 tablespoons soy sauce

1 tablespoon brown sugar

Juice of 1 lime (about 2 tablespoons)

2/3 cup roasted peanuts

Fresh cilantro, for garnish (optional)

INSTRUCTIONS

1. Cook udon noodles according to package directions until just tender. Drain, rinse under cold water, and set aside.
2. Heat olive oil in a large pot over medium heat. Add onion and cook 4–5 minutes until softened. Add garlic, bell pepper, red curry paste, and turmeric. Stir and cook 2 minutes until fragrant.
3. Add tofu cubes, coconut milk, and vegetable broth. Bring to a simmer over medium heat and cook 8–10 minutes until tofu is heated through and flavors meld.
4. Stir in soy sauce, brown sugar, and lime juice. Taste and adjust seasoning – add more curry paste for heat or soy sauce for salt.
5. Add cooked udon noodles to the pot and stir to combine. Simmer 1–2 minutes until noodles are warmed through.
6. Ladle into bowls. Top each serving with peanuts and fresh cilantro. Serve immediately with lime wedges.

15. Sesame-Coated Crispy Tofu (Easy)

45 min Serves 4

INGREDIENTS

1 lb (450 g) extra-firm tofu
2 tablespoons tamari
1/3 cup (80 g) tahini, well stirred
1 tablespoon fresh lemon juice
1 tablespoon water
1/2 cup (70 g) sesame seeds
2 tablespoons (30 ml) neutral vegetable oil (canola or peanut)

INSTRUCTIONS

1. Press tofu for at least 30 minutes: wrap the block in a clean kitchen towel, set on a plate, and place a heavy skillet or books on top. Pat dry with paper towels, then cut into 8 triangle-shaped slices about 1/2-inch thick.
2. Marinate tofu: place slices in a shallow dish, drizzle with tamari, turn to coat, and let sit for 10 minutes while you prep the coating.
3. Whisk together tahini, lemon juice, and water in a shallow bowl until smooth. Spread sesame seeds on a separate shallow plate.
4. Working one piece at a time, brush both sides of each tofu slice with tahini sauce, then press firmly into sesame seeds to coat all sides. Set aside on a plate.
5. Heat oil in a large non-stick or cast-iron skillet over medium heat (about 350 F / 175 C). When oil shimmers, add coated tofu in a single layer. Cook undisturbed for 3 to 4 minutes until golden and crisp on the bottom. Flip carefully and cook another 3 minutes. Work in batches if needed.
6. Transfer to a paper-towel-lined plate. Serve immediately while sesame crust is crisp.

16. Best Vegan Bean Cassoulet (Cozy One-Pot)

15 min Serves 4

INGREDIENTS

4 tablespoons olive oil, divided
1 medium onion, diced
1 large carrot, diced
1 celery stalk, sliced
1 large red potato (about 300g), cubed into 3/4-inch pieces
10 garlic cloves, minced
1 1/2 teaspoons herbes de Provence
1 teaspoon sea salt, plus more to taste
1/2 teaspoon black pepper
1 bay leaf
2 cans (15 oz each) cannellini beans, drained and rinsed
1 can (14.5 oz) diced tomatoes
2 cups vegetable broth
3 slices whole wheat bread, torn into rough 1-inch chunks
2 tablespoons fresh parsley, chopped

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Heat 2 tablespoons olive oil in a large oven-safe skillet or Dutch oven over medium heat. Add onion, carrot, and celery; cook 6 minutes until softened.
2. Add potato, garlic, herbes de Provence, salt, pepper, and bay leaf; stir 2 minutes. Pour in cannellini beans, diced tomatoes with juices, and vegetable broth. Bring to a simmer and cook uncovered 10 minutes.
3. Meanwhile, toss bread chunks with remaining 2 tablespoons olive oil and a pinch of salt in a bowl until coated. Scatter evenly over the surface of the cassoulet.
4. Transfer pot to oven and bake uncovered for 30–35 minutes until the bread crumb topping is golden and crisp and the liquid has thickened.
5. Remove bay leaf, taste and adjust seasoning. Scatter fresh parsley over the top and serve directly from the pot.

17. Best Vegan Baked Beans à la Crock Pot

30 min Serves 6

INGREDIENTS

2 cups dried navy beans
Water for soaking and boiling
1/3 cup unsulphured molasses
1/4 cup brown sugar, packed
1 tablespoon mustard powder
1/4 teaspoon cayenne pepper
2 teaspoons nutritional yeast
3 drops liquid smoke (optional)
3 teaspoons Bragg liquid aminos or light soy sauce
2 medium onions, diced
4 garlic cloves, minced
1 teaspoon sea salt, plus more to taste
Black pepper to taste
2 bay leaves
4 cups water (for slow cooker)

INSTRUCTIONS

1. Soak navy beans in a large bowl covered by 3 inches of cold water for 8–12 hours or overnight. Drain and rinse.
2. Place drained beans in a pot, cover with fresh water by 2 inches, and bring to a boil over high heat. Boil uncovered for 10 minutes, then drain and rinse.
3. Transfer par-boiled beans to a slow cooker. Add onions, garlic, molasses, brown sugar, mustard powder, cayenne, nutritional yeast, liquid smoke (if using), liquid aminos, salt, pepper, bay leaves, and 4 cups fresh water. Stir to combine.
4. Cover and cook on HIGH for 6–7 hours or LOW for 8–10 hours, stirring once or twice during cooking, until beans are completely tender and the sauce has thickened.
5. Remove bay leaves. Taste and adjust salt, pepper, and sweetness. If beans are very liquid, cook uncovered on HIGH for 20–30 minutes more to thicken. Serve hot.

18. 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.

19. Easy Hot & Sour Tofu Soup (Ready in 30 Minutes)

10 min Serves 4

INGREDIENTS

3 tablespoons vegetable oil
3/4 cup red bell pepper, cut into julienne strips
1 1/2 cups green onions, chopped
2 cups vegetable stock
2 cups water
2 tablespoons soy sauce
3 tablespoons rice vinegar or red wine vinegar
1/2 teaspoon crushed red pepper flakes
2 tablespoons cornstarch dissolved in 3
tablespoons cold water
1 teaspoon sesame oil
8 oz (225 g) snow peas, fresh or frozen
1 lb firm tofu, drained and cut into 1/2-inch cubes
1 (8 oz) can sliced water chestnuts, drained
Salt and black pepper to taste

INSTRUCTIONS

1. Heat vegetable oil in a large pot over medium-high heat. Add red bell pepper and green onions and saute 2-3 minutes until slightly softened.
2. Pour in vegetable stock and water. Add soy sauce, vinegar, and red pepper flakes. Bring to a boil over high heat.
3. Add tofu, snow peas, and water chestnuts. Reduce heat to medium and simmer 5 minutes.
4. Stir the cornstarch-water slurry to recombine, then pour slowly into the simmering soup while stirring constantly. Cook 2-3 minutes until the broth thickens.
5. Remove from heat, stir in sesame oil, and season with salt and black pepper to taste. Serve immediately.

20. Quick Mole Seitan Stew (One-Pot Comfort Food)

10 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 medium onion, diced
2 jalapeno peppers, seeded and cut into bite-size
pieces
2 cups seitan, room temperature, thinly sliced
1/2 teaspoon garlic powder
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
15 ounces tomato sauce or canned stewed
tomatoes
1 cup vegetable stock
1 ounce unsweetened vegan dark chocolate (100%
cacao), chopped
1 flour tortilla (8-inch), cut into small pieces

INSTRUCTIONS

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add diced onion and jalapeno pieces; cook, stirring occasionally, for 5 minutes until softened.
2. Add seitan slices and cook for 2 minutes, stirring, until lightly browned. Stir in garlic powder, allspice, and cinnamon; cook 30 seconds until fragrant.
3. Pour in tomato sauce and vegetable stock; stir to combine. Bring to a simmer over medium-high heat, then reduce to medium-low.
4. Add chopped chocolate and tortilla pieces; stir until chocolate is fully melted and incorporated, about 2 minutes.
5. Use an immersion blender to partially blend the stew (or transfer half to a blender, blend smooth, and stir back in) to create a velvety mole texture.
6. Simmer uncovered for 10 minutes until sauce thickens. Taste and adjust salt if needed. Serve hot over rice or with warm tortillas.

21. Best Instant Pot Vegetarian Stew (One-Pot)

15 min Serves 4

INGREDIENTS

1 leek, halved lengthwise and sliced (white and light green parts)
2 portabella mushroom caps, diced
1 teaspoon canola oil
6 carrots, peeled and sliced into 1/2-inch rounds
3 russet potatoes, peeled and cut into 1-inch cubes
2 celery ribs, sliced
1 cup frozen peas
1 (8-ounce) package seitan, sliced
4 cups water
1 teaspoon herbes de Provence
1 teaspoon soy sauce or tamari
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons all-purpose flour dissolved in 2 tablespoons cold water

INSTRUCTIONS

1. Select Sauté on the Instant Pot and heat canola oil. Add leek and mushrooms and cook 4 minutes, stirring occasionally, until softened.
2. Add carrots, potatoes, celery, seitan, water, herbes de Provence, soy sauce, salt, and pepper. Stir to combine. Cancel Sauté mode.
3. Lock the lid and set the valve to Sealing. Select Pressure Cook (Manual) on High Pressure for 12 minutes.
4. When cooking is complete, allow a natural pressure release for 10 minutes, then carefully switch the valve to Venting to release remaining steam. Remove lid.
5. Select Sauté mode again. Stir the flour-water slurry into the stew. Cook 3–4 minutes, stirring frequently, until broth thickens. Add frozen peas and cook 1 minute more until warmed through.
6. Cancel Sauté mode. Taste and adjust salt. Serve hot.

22. Best No-Bake Energy Bites (Vegan Snack)

15 min Serves 12

INGREDIENTS

100 g (1 cup) quick-cooking rolled oats
125 g (1/2 cup) natural peanut butter or any nut butter
80 ml (1/4 cup) agave nectar or maple syrup
1 tablespoon melted coconut oil
1 tablespoon chia seeds
2 tablespoons ground flaxseed meal
3 tablespoons vegan mini chocolate chips
1 pinch fine sea salt
1/4 teaspoon ground cinnamon
Optional: 2 tablespoons raisins, chopped nuts, dried fruit, or shredded unsweetened coconut

INSTRUCTIONS

1. In a large bowl, combine peanut butter, agave nectar, and melted coconut oil. Stir until smooth and fully combined.
2. Add oats, chia seeds, flaxseed meal, chocolate chips, salt, and cinnamon. Stir until everything is evenly coated. If adding optional mix-ins, fold them in now.
3. Cover the bowl and refrigerate for at least 30 minutes until the mixture is firm enough to roll without sticking to your hands.
4. Scoop tablespoon-sized portions and roll firmly between your palms into balls. If the mixture crumbles, press harder or return to the fridge for another 10 minutes.
5. Place finished bites on a parchment-lined tray and refrigerate for another 15 minutes to firm up. Store in an airtight container in the fridge for up to 1 week, or freeze for up to 3 months.

23. Best Raw Superfood Oat Smoothie (Vegan)

5 min Serves 2

INGREDIENTS

2 sweet apples, cored and roughly chopped
2 cups unsweetened almond milk
2 ripe bananas, peeled
1 tablespoon almond butter
1 tablespoon coconut sugar
1 tablespoon maca powder
1 teaspoon spirulina powder
1 teaspoon chlorella powder
1 cup rolled oats (certified gluten-free if needed)

INSTRUCTIONS

1. If you have time, soak oats in almond milk for 15 minutes beforehand to make blending easier and the texture smoother.
2. Add almond milk to the blender first, then add oats, bananas, chopped apples, and almond butter.
3. Add coconut sugar, maca powder, spirulina, and chlorella.
4. Blend on high for 60 to 90 seconds until completely smooth. If the smoothie is too thick, add additional almond milk 1/4 cup at a time and blend again.
5. Pour into two glasses and serve immediately. If new to spirulina or chlorella, start with 1/2 teaspoon each and increase gradually over time.

24. 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.

25. 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.

Weekly Grocery List

Everything you need for the 7-day plan. Check off items as you shop.

PRODUCE

- | | |
|--|--|
| ☐ Yellow onions (3 lbs bag) | ☐ Potatoes (2 lbs) |
| ☐ Garlic (1 head) | ☐ Bananas (6) |
| ☐ Carrots (1 lb bag) | ☐ Lemons (2) |
| ☐ Celery (1 bunch) | ☐ Green onions (1 bunch) |
| ☐ Bell peppers (2) | ☐ Fresh ginger (1 small knob) |
| ☐ Broccoli (1 large head) | |

GRAINS & PASTA

- | | |
|---|---|
| ☐ Brown rice (2 lb bag) | ☐ Burger buns (pack of 8) |
| ☐ Rolled oats (42 oz canister) | ☐ Bread - whole wheat (1 loaf) |
| ☐ Pasta - any shape (1 lb box) | ☐ Rice cakes (1 pack) |
| ☐ Quinoa (1 lb bag) | ☐ Flour tortillas (pack of 8) |

BEANS & PROTEIN

- | | |
|--|--|
| ☐ Dry red lentils (1 lb bag) | ☐ Firm tofu (3 blocks, 14 oz each) |
| ☐ Canned black beans (2 cans, 15 oz each) | ☐ Peanut butter - natural (16 oz jar) |
| ☐ Canned chickpeas (2 cans, 15 oz each) | ☐ Peanuts - unsalted (8 oz bag) |

CANNED & PANTRY

- | | |
|--|---|
| ☐ Vegetable broth (2 cartons, 32 oz each) | ☐ Apple cider vinegar (if not on hand) |
| ☐ Canned diced tomatoes (2 cans, 14.5 oz) | ☐ Rice vinegar (1 small bottle) |
| ☐ Tomato paste (1 small can) | ☐ Sesame oil (1 small bottle) |
| ☐ Ketchup (if not on hand) | ☐ Olive oil (if not on hand) |
| ☐ Soy sauce (1 bottle) | ☐ Brown sugar (if not on hand) |

- ☐ Vegan Worcestershire sauce (1 bottle)

SPICES

- ☐ Ground cumin
- ☐ Ground turmeric
- ☐ Smoked paprika
- ☐ Chili powder
- ☐ Curry powder
- ☐ Salt and black pepper
- ☐ Sesame seeds

OTHER

- ☐ Frozen mixed berries (1 bag – for pancakes)
- ☐ Plant milk (half gallon – for oats and smoothies)
- ☐ Frozen mixed vegetables (1 bag – backup side)

Budget Shopping Tips

Practical advice to keep your weekly grocery bill under \$40.

BUY DRY, NOT CANNED

A 1 lb bag of dry lentils costs \$1.50–2.00 and makes about 7 cups cooked. That same amount in canned lentils would cost \$6–8. Dry beans, rice, and oats give you the most food per dollar.

USE FROZEN VEGETABLES

Frozen broccoli, spinach, and mixed vegetables are cheaper than fresh, last longer, and have the same nutritional value. Stock up when they go on sale for \$1 per bag.

STORE-BRAND STAPLES

Swap name-brand canned beans, tomatoes, and broth for store-brand versions. The contents are nearly identical. Savings: 30–50% per item.

COOK ONCE, EAT TWICE

The meal plan uses leftovers on purpose. Thursday lunch reuses Wednesday's chickpea curry. Saturday's curry noodles come back on Sunday. This cuts waste and saves time.

SKIP THE SPECIALTY AISLE

You do not need vegan cheese, mock meats, or protein powder for this plan. Every recipe uses whole foods you can find in any regular supermarket.

BUY SPICES AT ETHNIC GROCERY STORES

Cumin, turmeric, and chili powder cost 2–3x less at Indian, Mexican, or Middle Eastern grocery stores compared to the spice aisle at chain supermarkets.

Budget Swap Chart

Cheaper alternatives that keep your meals just as filling and nutritious.

INSTEAD OF	USE THIS	WHY IT WORKS
Quinoa (\$4-5/lb)	Brown rice (\$1-2/lb)	Same role in bowls, lower cost
Fresh berries (\$4-5)	Frozen berries (\$2-3)	Same nutrition, lasts longer
Canned beans (\$1.20 each)	Dry beans (\$1.50 per lb, 6+ servings)	Big savings in bulk
Sesame oil (\$5-6)	Regular oil + sesame seeds (\$3 total)	Close enough for stir-fry
Bell peppers (\$1.50 each)	Frozen pepper strips (\$2/bag)	Works great in cooked dishes
Fresh ginger (\$3-4)	Ground ginger (\$2, lasts months)	Less bright but still good
Almond butter (\$8-10)	Peanut butter (\$2-3)	More protein, lower price
Tempeh (\$3-4/block)	Firm tofu (\$1.50-2/block)	Half the price, similar protein

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