

Vegan Protein Sources

Your complete guide to plant-based protein

VeganPreps

Plant-Based Protein at a Glance

20 vegan protein sources ranked by protein per serving. Color-coded by density.

FOOD	PROTEIN PER SERVING	SERVING SIZE
Tempeh	31g	1 cup (166g)
Seitan	25g	3 oz (85g)
Tofu (firm)	20g	1/2 block (126g)
Lentils (cooked)	18g	1 cup (198g)
Edamame	17g	1 cup (155g)
Chickpeas (cooked)	15g	1 cup (164g)
Black Beans (cooked)	15g	1 cup (172g)
Hemp Seeds	10g	3 tbsp (30g)
Green Peas (cooked)	9g	1 cup (160g)
Quinoa (cooked)	8g	1 cup (185g)
Pumpkin Seeds	8g	1 oz (28g)
Nutritional Yeast	8g	2 tbsp (16g)
Peanut Butter	7g	2 tbsp (32g)
Soy Milk	7g	1 cup (240ml)
Almonds	6g	1 oz (28g)
Oats (dry)	6g	1/2 cup (40g)
Chia Seeds	5g	2 tbsp (28g)
Spinach (cooked)	5g	1 cup (180g)

FOOD	PROTEIN PER SERVING	SERVING SIZE
Brown Rice (cooked)	5g	1 cup (195g)
Broccoli (cooked)	4g	1 cup (156g)

■ High (15g+) ■ Medium (8–14g) ■ Lower (under 8g)

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

How Much Equals 20g of Protein?

Exact portions for each source to hit a 20g target in a single food.

Tempeh	2/3 cup	Seitan	2.5 oz	Firm Tofu	1/2 block + a few cubes
Cooked Lentils	1 cup + 2 tbsp	Edamame	1 cup + 3 tbsp	Chickpeas	1 1/3 cups
Black Beans	1 1/3 cups	Hemp Seeds	6 tbsp	Peanut Butter	6 tbsp
Quinoa	2.5 cups				

PRACTICAL TIP

You do not need to get 20g from a single food. A bowl with 1/2 cup lentils (9g), 1/2 cup quinoa (4g), and 2 tbsp hemp seeds (7g) gives you 20g from three sources combined. Mixing sources throughout the day is how most vegans hit their protein targets.

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

What's Inside

1. Aarsi's Tofu Curry (Authentic Plant-Based)
2. Quick Red Curry Tofu & Sweet Potato (Easy)
3. Pitta With Tofu Spread & Caramelized Onions
4. Green Beans With Sesame Seeds (Best Vegan Side)
5. Grilled Indonesian Tofu With Mango Salsa (Best Recipe)
6. Crispy Tofu with Olives & Preserved Lemon
7. Easy Tofu Pesto Pasta (Plant-Based Classic)
8. Cozy Tofu-Potato Winter Meal (Quick)
9. Siesta Special Rice & Black Bean Bowl
10. Tofu Mango Laab (Easy Thai Inspired)
11. Simple Vegan Quinoa Salad (5-Ingredient)
12. Crispy Tofu Poke (Restaurant-Quality)
13. Creamy Avocado Tofu Salad with Wasabi
14. Best Tofu Taegu Salad (Protein-Packed)
15. Creamy Vegan Curry Coconut Lentil Soup
16. Easy Veggie Wonton Soup with Tofu
17. Creamy Pumpkin Tofu Miso Soup (Quick)
18. Silky Corn Tofu Soup (Ready in 20 Min)
19. Easy Vegan Chickpea Tortilla Soup
20. Easy Date and Fennel Tofu Scramble Recipe
21. Spanish Tofu Omelette (30-Minute Vegan Dinner)
22. Banana Quinoa Waffles (Quick Vegan Recipe)
23. Peanut Chocolate Chia Quinoa Poppers (No-Bake)
24. Chocolate Cherry Protein Smoothie (Quick Fix)
25. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

Recipes

1. Aarsi's Tofu Curry (Authentic Plant-Based)

20 min Serves 4

INGREDIENTS

1 tablespoon olive oil
1 large red onion, finely minced
2 Indian green chilies, halved lengthwise
4 bay leaves
1 teaspoon ground turmeric
1 pinch asafoetida powder
Salt to taste
1 (15 oz / 425 g) can diced tomatoes
2 tablespoons ground coriander
1 tablespoon garam masala
1 teaspoon red chili powder
2 cups (480 ml) water
2 cups (300 g) green peas, fresh or frozen
1 (16 oz / 450 g) package medium-firm tofu, pressed and cut into 1-inch cubes

INSTRUCTIONS

1. Heat oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add onion, green chilies, and bay leaves; cook, stirring frequently, until onion is golden and softened, about 8 minutes.
2. Add turmeric and asafoetida and stir for 30 seconds. Add canned tomatoes, ground coriander, garam masala, and red chili powder. Cook, stirring, until the tomatoes break down and the oil begins to separate from the masala, about 8 minutes.
3. Pour in water and season with salt. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes to develop the base.
4. Add green peas and tofu cubes. Stir gently to coat everything in the sauce and simmer for 10 to 12 minutes, until peas are tender and tofu has absorbed the flavors.
5. Remove bay leaves. Taste and adjust salt. Serve hot over steamed basmati rice or with flatbread.

2. Quick Red Curry Tofu & Sweet Potato (Easy)

10 min Serves 2

INGREDIENTS

4 teaspoons canola oil, divided
1 (14 oz) package extra firm tofu, pressed and cut into 3/4-inch cubes
1 lb (450 g) sweet potato, peeled and cut into 3/4-inch cubes
1 (14 oz) can full-fat coconut milk
1/2 cup vegetable broth
2 oz (56 g) red Thai curry paste
1/2 lb (225 g) green beans, trimmed and halved
1 tablespoon brown sugar
2 teaspoons fresh lime juice
1/2 teaspoon salt
1/3 cup fresh cilantro, roughly chopped
1 lime, quartered for serving

INSTRUCTIONS

1. Heat 2 teaspoons oil in a large skillet or wok over medium-high heat. Add tofu in a single layer and cook 3 minutes per side until golden. Remove and set aside.
2. Add remaining 2 teaspoons oil to the same pan. Add sweet potato cubes and cook over medium-high heat for 5 minutes, stirring occasionally, until lightly browned on the edges.
3. Add curry paste to the pan and stir-fry with the sweet potato for 1 minute. Pour in coconut milk and vegetable broth, stir to combine, and bring to a simmer.
4. Add green beans, cover, and cook for 8 minutes until sweet potato is tender and green beans are crisp-tender.
5. Return tofu to the pan. Stir in brown sugar, lime juice, and salt. Simmer uncovered for 2 minutes until sauce thickens slightly. Top with cilantro and serve with lime wedges and steamed jasmine rice.

3. Pitta With Tofu Spread & Caramelized Onions

10 min Serves 2

INGREDIENTS

2 pitta breads
200g (7 oz) firm tofu, drained and pressed
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic, minced
Salt and black pepper to taste
1 large onion, halved and thinly sliced
2 tablespoons olive oil (for caramelizing)
2 tablespoons brown sugar
1-2 tablespoons balsamic vinegar
6 cherry tomatoes, halved
2 tablespoons fresh flat-leaf parsley, roughly chopped

INSTRUCTIONS

1. Make the tofu spread: mash or blend pressed tofu with lemon juice, 1 tablespoon olive oil, minced garlic, salt, and pepper until smooth and spreadable. Taste and adjust seasoning. Refrigerate until needed.
2. Caramelize the onion: heat 2 tablespoons olive oil in a heavy skillet over medium-low heat. Add sliced onion and cook, stirring occasionally, for 15 minutes until soft and golden. Stir in brown sugar and cook for 3-4 more minutes. Add balsamic vinegar, stir well, and cook for 2 minutes until the onions are dark and jammy. Remove from heat.
3. Warm the pitta breads in a dry skillet over medium heat or in a 180°C (350°F) oven for 3-4 minutes until soft and pliable.
4. Spread a generous layer of tofu spread over each warm pitta. Top with caramelized onions, halved cherry tomatoes, and fresh parsley. Serve immediately.

4. Green Beans With Sesame Seeds (Best Vegan Side)

30 min Serves 4

INGREDIENTS

See veganpreps.com for full recipe

INSTRUCTIONS

See veganpreps.com for full recipe

5. 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

6. 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.

7. Easy Tofu Pesto Pasta (Plant-Based Classic)

5 min Serves 2

INGREDIENTS

8 oz (225 g) whole-grain pasta (spaghetti or penne)

14 oz (400 g) firm tofu, pressed and drained

2 cups fresh basil leaves (loosely packed)

2 garlic cloves

3 tablespoons pine nuts (or walnuts)

4 tablespoons olive oil

2 tablespoons fresh lemon juice

1/2 teaspoon salt, plus more for pasta water

Black pepper to taste

2 tablespoons nutritional yeast (optional, for cheesy depth)

INSTRUCTIONS

1. Bring a large pot of well-salted water to a boil and cook the pasta according to package directions until al dente (about 8–10 minutes). Reserve 1/4 cup pasta water before draining.
2. While the pasta cooks, combine basil, garlic, pine nuts, olive oil, lemon juice, salt, and nutritional yeast in a food processor and blend until smooth, scraping down the sides once.
3. Press the tofu dry and crumble it into rough 1/2-inch pieces with your hands — the texture should resemble chunky ricotta.
4. Drain the pasta and return it to the pot off the heat. Add the pesto and crumbled tofu, tossing well. Add a splash of reserved pasta water if the sauce is too thick.
5. Taste and adjust salt, lemon, or black pepper, then divide into two bowls and serve immediately.

8. 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.

9. 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).

10. Tofu Mango Laab (Easy Thai Inspired)

25 min Serves 4

INGREDIENTS

12 ounces firm tofu, pressed and crumbled into small pieces

¼ cup fresh lime juice (about 3 limes)

1 tablespoon tamari

1 teaspoon kosher salt

1 cup fresh mango, diced into small cubes

¼ cup lemongrass, white part only, very finely minced

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

2 tablespoons lime zest

2 Thai chiles, deseeded and finely minced

1 Fresno chile, deseeded and finely minced

2 cups fresh cilantro (stems included), roughly chopped

1 cup fresh mint leaves, finely sliced (chiffonade)

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

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

¼ cup green onions, thinly sliced

1 tablespoon uncooked brown rice

3 heads Belgian endive, separated into individual leaves

Cilantro or mint sprigs, for garnish

INSTRUCTIONS

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

11. 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.

12. Crispy Tofu Poke (Restaurant-Quality)

15 min Serves 4

INGREDIENTS

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

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

1/2 cup cornstarch, for dredging

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

2 ounces ripe tomato, diced

2 ounces cucumber, diced

1 1/2 ounces fresh bean sprouts

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

1 cup soy sauce

1/2 cup sesame oil

3 tablespoons sugar

2 tablespoons rice vinegar

1 clove garlic, grated

1 teaspoon fresh ginger, grated

INSTRUCTIONS

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

13. 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.

14. Best Tofu Taegu Salad (Protein-Packed)

20 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

15. Creamy Vegan Curry Coconut Lentil Soup

15 min Serves 4

INGREDIENTS

1 tablespoon unrefined virgin coconut oil
1 medium red onion, chopped
2 large red or orange bell peppers, thinly sliced
1 tablespoon hot Madras curry powder
5 1/2 cups vegetable broth
3/4 cup dry black beluga lentils, rinsed
2 teaspoons grated fresh ginger
1 (13.5 oz) can light coconut milk
5 oz fresh baby kale
2 tablespoons fresh lime juice
1/4 teaspoon sea salt, or to taste
2 tablespoons sliced almonds, toasted
1/3 cup fresh cilantro leaves

INSTRUCTIONS

1. Heat coconut oil in a large pot over medium heat. Add onion and bell peppers, cook for 5–6 minutes until softened. Stir in curry powder and grated ginger, cook for 1 minute until fragrant.
2. Add vegetable broth and rinsed lentils. Bring to a boil, then reduce heat to a simmer. Cook uncovered for 25–30 minutes until lentils are tender but still hold their shape.
3. Stir in coconut milk and baby kale. Simmer for 5 minutes until kale is wilted and soup is heated through.
4. Remove from heat. Stir in lime juice and season with sea salt to taste.
5. Ladle into bowls and top each serving with toasted almonds and fresh cilantro.

16. Easy Veggie Wonton Soup with Tofu

25 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

17. Creamy Pumpkin Tofu Miso Soup (Quick)

15 min Serves 2

INGREDIENTS

3 cups vegetable broth
1/4 small pumpkin, peeled, seeded, and cubed (about 1 1/2 cups)
1 (2-inch) piece fresh ginger, cut into matchsticks
2 tablespoons soy sauce
2 oz buckwheat noodles
3 1/2 oz firm tofu, cubed
2 teaspoons miso paste
2 teaspoons sesame oil
2 green onions, finely chopped on the diagonal
2 large red chile peppers, sliced on the diagonal
2 tablespoons toasted sesame seeds
2 tablespoons fresh cilantro, chopped
2 tablespoons pickled ginger

INSTRUCTIONS

1. Bring vegetable broth to a simmer in a medium saucepan over medium heat. Add pumpkin and fresh ginger, cook for 8–10 minutes until pumpkin is just tender.
2. Add buckwheat noodles and tofu. Cook for 4–5 minutes until noodles are tender.
3. Stir in soy sauce. Remove pot from heat – the broth must not be boiling when adding miso. Ladle 2–3 tablespoons of broth into a small bowl, whisk in miso paste until dissolved, then stir back into the pot.
4. Drizzle in sesame oil and stir gently. Taste and adjust seasoning.
5. Ladle into bowls and top with green onions, sliced chiles, toasted sesame seeds, cilantro, and pickled ginger.

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

10 min Serves 2

INGREDIENTS

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

INSTRUCTIONS

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

19. Easy Vegan Chickpea Tortilla Soup

15 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

20. Easy Date and Fennel Tofu Scramble Recipe

10 min Serves 2

INGREDIENTS

1 tablespoon olive oil
1/2 cup onion, halved and thinly sliced
1/2 cup fennel, thinly sliced
1 teaspoon garam masala
3/4 cup Medjool dates, pitted and chopped
15 ounces (425 g) firm tofu, pressed and crumbled
1/4 cup fresh cilantro, chopped
1/4 cup unsalted pistachios, chopped
1/4 teaspoon salt, plus more to taste

INSTRUCTIONS

1. Press tofu for at least 10 minutes using a towel and heavy weight, then crumble into rough chunks about 1–2 cm in size.
2. Heat olive oil in a large non-stick or cast iron skillet over medium heat, add onion and fennel, and cook stirring occasionally for 5–6 minutes until softened and beginning to color at the edges.
3. Add garam masala and chopped dates to the pan, stir to combine, and cook for 1 minute until fragrant.
4. Add the crumbled tofu, spread into an even layer, and cook without stirring for 2–3 minutes to let the bottom brown slightly, then stir and cook another 2 minutes.
5. Season with salt, remove from heat, and fold in chopped cilantro and pistachios.
6. Serve immediately, adding extra salt to taste.

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

15 min Serves 2

INGREDIENTS

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

INSTRUCTIONS

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

22. Banana Quinoa Waffles (Quick Vegan Recipe)

10 min Serves 4

INGREDIENTS

2 large overripe bananas
3 cups quinoa flour
1 1/2 cups vanilla-flavored soy milk
1 cup water
1 teaspoon ground cinnamon
2 teaspoons baking powder
1/4 teaspoon salt
Cooking spray or neutral oil for greasing

INSTRUCTIONS

1. Preheat your waffle iron to medium heat (around 375°F / 190°C if adjustable). Peel and mash bananas in a large bowl until smooth with no large lumps.
2. Add soy milk and water to the mashed banana and whisk to combine. Add quinoa flour, baking powder, cinnamon, and salt. Whisk until a smooth, thick batter forms. Let batter rest for 5 minutes.
3. Lightly grease the waffle iron plates with cooking spray. Pour enough batter to fill the iron (typically 3/4 to 1 cup per waffle, depending on iron size). Close and cook for 5–6 minutes until steam stops escaping and the waffle is golden and crisp.
4. Remove waffle carefully with a fork and place on a wire rack – do not stack, or they will steam and go soft. Repeat with remaining batter. Serve with maple syrup or fresh fruit.

23. 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.

24. Chocolate Cherry Protein Smoothie (Quick Fix)

5 min Serves 1

INGREDIENTS

80 g (about 1/2 cup) fresh cherries, pitted (or frozen, thawed)
200 ml (3/4 cup) unsweetened almond milk
2 tablespoons pumpkin seed protein powder
1 1/2 teaspoons organic unsweetened cocoa powder
1 teaspoon ground flaxseeds

INSTRUCTIONS

1. Pit the fresh cherries. If using frozen cherries, let them thaw for 5 minutes — they will also make the smoothie colder and thicker.
2. Add the cherries, almond milk, protein powder, cocoa powder, and ground flaxseeds to a blender.
3. Blend on high for 45–60 seconds until completely smooth. Taste and add a pitted date or a few drops of maple syrup if extra sweetness is desired.
4. Pour into a glass and serve immediately.

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.

About This Guide

This cheat sheet gives you everything you need to plan protein-rich vegan meals. The chart on the previous page shows you how much protein common plant foods contain. The recipe collection below shows you how to cook with them.

How to Use This Guide

- Reference the protein chart when planning meals or grocery shopping
- Use the "20g equivalents" page to build meals that hit your protein targets
- Browse the recipe collection for high-protein meal ideas
- Mix protein sources throughout the day rather than relying on a single food

HOW MUCH PROTEIN DO YOU NEED?

The general recommendation is 0.8g per kg of body weight per day for adults. A 70 kg (154 lb) person needs about 56g of protein daily. Active people and athletes may need 1.2–1.6g per kg. All of these targets are achievable on a vegan diet with intentional food choices.

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

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