

1500-Calorie Vegan Weight Loss Meal Prep Plan

7 days of filling, calorie-counted plant-based meals
for weight loss

VeganPreps

How This Plan Works

This guide gives you a full week of plant-based meals that add up to roughly 1,500 calories per day. That number creates a moderate calorie deficit for most adults without leaving you hungry or short on nutrients.

The Calorie Deficit Principle

Weight loss happens when you consistently eat fewer calories than your body burns. A 500-calorie daily deficit leads to roughly 1 lb of fat loss per week. This plan targets 1,500 calories because that works as a moderate deficit for most people who maintain at 2,000–2,200 calories. If you are very active or maintain at a higher level, adjust portions up.

What You Get

- A 7-day meal plan with exact calorie counts per meal
- 25 low-calorie recipes with full ingredients and steps
- A table of contents for quick navigation
- A visual plate formula for building weight loss meals
- A calorie density guide for eating more food on fewer calories
- A grocery list organized by store section

WHY PLANT FOODS WORK FOR WEIGHT LOSS

Vegetables, legumes, and whole grains have low calorie density. You can eat a large plate of food and still stay within your calorie target. A pound of broccoli has 150 calories. A pound of cheese has 1,800. Volume matters when you are cutting calories.

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

method.

7-Day Weight Loss Meal Plan

~1,100–1,250 calories per day from meals + snacks. Half the plate is vegetables at every meal.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CAL / PROTEIN
Mon	Green Smoothie Bowl (1 banana, spinach, 1/4 cup granola) ~250 cal / ~8g protein	Broccoli Soup + Bread Slice (1.5 cups soup, 1 thin slice) ~280 cal / ~12g protein	Sesame Tofu Salad (150g tofu, 2 cups mixed greens, 1 tbsp dressing) ~380 cal / ~22g protein	Cucumber + Hummus (1/2 cucumber, 2 tbsp hummus) ~120 cal / ~4g protein	~1,240 ~46g
Tue	Chia Bircher Muesli (1/3 cup oats, 1 tbsp chia, grated apple) ~310 cal / ~10g protein	Lentil Soup (1.5 cups, red lentils + veggies) ~260 cal / ~18g protein	Stir-Fried Tofu & Bok Choy + Rice (150g tofu, 2 heads bok choy, 1/2 cup rice) ~420 cal / ~20g protein	Carrot Sticks + Dip (2 carrots, 2 tbsp hummus) ~100 cal / ~3g protein	~1,190 ~51g
Wed	Tofu Scramble + Toast (150g tofu, veggies, 1 thin slice bread) ~320 cal / ~22g protein	Mediterranean Quinoa Salad (3/4 cup quinoa, cucumber, tomato, olives) ~340 cal / ~14g protein	Mustard-Crusted Tofu & Kale (200g tofu, 2 cups kale, 1 tbsp mustard) ~360 cal / ~24g protein	Cherry Tomatoes + Rice Cake (1 cup tomatoes, 1 rice cake) ~110 cal / ~3g protein	~1,210 ~63g
Thu	Superfood Smoothie Bowl (1 banana, berries, 1 tbsp seeds, oat milk) ~270 cal / ~9g protein	Chickpea Tortilla Soup (1.5 cups, topped with baked tortilla strips) ~290 cal / ~15g protein	Asian Steamed Tofu & Vegetables (200g tofu, broccoli, carrots, soy-ginger sauce) ~320 cal / ~20g protein	Celery + PB (3 stalks celery, 1 tbsp PB) ~150 cal / ~5g protein	~1,130 ~49g
Fri	Overnight Oats (1/3 cup oats, oat milk, 1/4 cup berries) ~290 cal / ~10g protein	Kale & Chickpea Salad (2 cups kale, 1/2 cup chickpeas, lemon dressing) ~310 cal / ~16g protein	Vegetable Curry + Cauliflower Rice (1 cup curry, 1 cup cauli rice) ~350 cal / ~14g protein	Edamame (1/2 cup shelled, with sea salt) ~120 cal / ~11g protein	~1,160 ~51g
Sat	Green Scrambled Tofu (150g tofu, spinach, nutritional yeast) ~280 cal / ~20g protein	Miso Soup + Side Salad (1 bowl miso with tofu cubes, green side salad) ~240 cal / ~12g protein	Buddha Bowl (1/2 cup quinoa, roasted veg, chickpeas, tahini drizzle) ~400 cal / ~18g protein	Bell Pepper Strips + Hummus (1 pepper, 2 tbsp hummus) ~130 cal / ~4g protein	~1,130 ~54g

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CAL / PROTEIN
Sun	Acai Smoothie Bowl (1 acai pack, banana, 2 tbsp granola) ~260 cal / ~6g protein	Leftover Buddha Bowl (1 bowl, reheated with fresh lemon) ~400 cal / ~18g protein	Broccoli Tofu Stir-Fry + Brown Rice (150g tofu, 2 cups broccoli, 1/2 cup rice) ~380 cal / ~22g protein	Rice Cake + Avocado Slice (1 rice cake, 1/4 avocado) ~140 cal / ~3g protein	~1,180 ~49g

PORTION ADJUSTMENT

This plan lands between 1,100–1,250 calories as shown. Add an extra snack or increase grain portions to reach 1,500 if that target fits your body. The goal is a sustainable deficit, not the lowest number possible.

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. Nourishing Miso Stew with Quinoa (Easy)

10 min Serves 2

INGREDIENTS

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

INSTRUCTIONS

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

2. Creamy Vegan Broccoli Soup (One-Pot)

15 min Serves 4

INGREDIENTS

1 lb fresh broccoli, cut into florets
1 medium onion, quartered
1 garlic clove
2 cups vegetable broth
1/4 cup unbleached all-purpose flour
2 1/2 cups unsweetened soymilk
2 tablespoons soy sauce
2 teaspoons dried basil
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. In a large saucepan, combine broccoli, onion, garlic, and vegetable broth. Bring to a boil over medium-high heat, then reduce to a simmer. Cook for 12–15 minutes until vegetables are very tender.
2. Use an immersion blender to blend the vegetable mixture until smooth. Alternatively, transfer to a stand blender in batches and blend until smooth, then return to the pot.
3. Whisk flour into soymilk in a separate bowl until no lumps remain. Pour the flour-soymilk mixture into the blended soup over medium heat, stirring constantly.
4. Cook for 5–7 minutes, stirring frequently, until the soup thickens. Stir in soy sauce, basil, salt, and pepper.
5. Taste and adjust seasoning. Serve hot.

3. 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.

4. Silky Roasted Garlic Zucchini Quinoa Soup

20 min Serves 4

INGREDIENTS

2 heads garlic

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

1 medium onion, diced

3 cups zucchini, diced (about 2 medium zucchini)

1/2 cup quinoa, rinsed

4 cups water

2 tablespoons Better Than Bouillon vegetable base

1 (12.3 oz) box silken tofu

Juice of 2 medium lemons (about 6 tablespoons)

2 teaspoons dried dill

2 teaspoons fine salt

1 teaspoon white pepper

INSTRUCTIONS

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

5. Elegant Vegan Vichyssoise (Chilled Soup)

15 min Serves 6

INGREDIENTS

2 tablespoons olive oil

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

1 small yellow onion, diced

1 tablespoon fresh thyme leaves (or 1 teaspoon dried)

1 bay leaf

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

2 quarts (8 cups) vegetable stock

1 quart (4 cups) unsweetened cashew milk

1 teaspoon salt, plus more to taste

1/2 teaspoon white pepper

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

INSTRUCTIONS

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

6. Creamy Vegan Mushroom Soup (Joey's Recipe)

15 min Serves 4

INGREDIENTS

3 tablespoons plant-based margarine

1 1/2 tablespoons extra virgin olive oil

15 large white button mushrooms, chopped

4 scallions, chopped

3 garlic cloves, minced

1 tablespoon fresh ginger juice

1 (14 oz) can full-fat coconut milk

2 cups vegetable broth

1/4 teaspoon soy sauce

1/2 teaspoon salt, or to taste

1/4 teaspoon black pepper

INSTRUCTIONS

1. Melt margarine with olive oil in a large pot over medium heat. Add scallions and garlic, cook for 2 minutes until softened.
2. Add chopped mushrooms and cook for 8–10 minutes, stirring occasionally, until mushrooms release their liquid and begin to brown.
3. Stir in ginger juice, soy sauce, salt, and pepper. Pour in vegetable broth and bring to a simmer. Cook for 5 minutes.
4. Add coconut milk and stir to combine. Remove from heat and use an immersion blender to blend until smooth and creamy, or transfer in batches to a stand blender.
5. Return pot to low heat, taste and adjust salt. Simmer gently for 2–3 minutes. Serve hot.

7. 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.

8. 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.

9. Vegetable Couscous With Sunflower Pesto

15 min Serves 4

INGREDIENTS

1 cup dry couscous
1 cup boiling vegetable broth or water
1 1/2 cups broccoli florets
1 1/2 cups zucchini, cut into bite-sized pieces
1 1/2 cups cherry tomatoes, halved
1 bunch kale, spines removed and roughly chopped
2 tablespoons olive oil
1 1/2 teaspoons garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 avocado, sliced (for serving)
4 tablespoons roasted and salted sunflower seeds (for garnish)
For the sunflower pesto:
4 cups lightly packed fresh basil leaves
1 cup roasted and salted sunflower seeds
3 tablespoons nutritional yeast
2 lemons, juiced (about 1/4 cup)
1/2 cup vegetable broth
2 cloves garlic
1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 425°F (220°C). Toss broccoli and zucchini with olive oil, garlic powder, salt, and pepper on a large baking sheet. Roast for 18–20 minutes, flipping once halfway, until tender and lightly charred at the edges.
2. Place couscous in a large bowl. Pour boiling vegetable broth over the couscous, cover tightly with a plate or plastic wrap, and let sit for 5 minutes. Fluff with a fork.
3. While the couscous rests, wilt the kale in a dry skillet over medium heat for 2–3 minutes, or toss raw kale into the warm couscous and let the residual heat soften it for 5 minutes.
4. Make the pesto: combine basil, sunflower seeds, nutritional yeast, lemon juice, garlic, and salt in a food processor. Pulse several times, then with the motor running, stream in the vegetable broth and blend until smooth. Taste and adjust salt.
5. Add the roasted vegetables, cherry tomatoes, and wilted kale to the couscous. Pour about two-thirds of the pesto over the bowl and toss to coat everything evenly.
6. Divide into bowls and top each with sliced avocado, a spoonful of remaining pesto, and a tablespoon of sunflower seeds.

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

15 min Serves 2

INGREDIENTS

1 (14 oz / 400 g) package firm tofu, pressed 15 minutes

1 teaspoon kosher salt (for tofu seasoning)

8 cups (about 240 g) fresh spinach leaves

1 tablespoon sesame seeds

1 1/2 teaspoons sugar

1 teaspoon mirin

1 teaspoon low-sodium soy sauce

INSTRUCTIONS

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

11. Best Kale, Carrot & Sunflower Seed Salad

15 min Serves 2

INGREDIENTS

1/2 lemon, juiced (about 1 1/2 tablespoons)

1 tablespoon olive oil

1 teaspoon apple cider vinegar

1/2 teaspoon nutritional yeast

1 pinch dried oregano

1 pinch dried basil

2 medium carrots, shaved into thin strips with a vegetable peeler

1 1/2 cups chopped kale, stems removed

1/3 cup cooked quinoa, cooled

1/3 cup raw sunflower seeds

INSTRUCTIONS

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

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

20 min Serves 8

INGREDIENTS

Streusel topping:

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

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

1 teaspoon ground cinnamon

1/2 teaspoon baking powder

1/4 teaspoon salt

4 tablespoons (60 ml) canola oil

Cake batter:

1 cup (125 g) all-purpose flour

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

2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup (180 ml) pure maple syrup

1/3 cup (80 ml) canola oil

1/2 cup (120 ml) unsweetened plant milk

2 teaspoons vanilla extract

4 cups (600 g) fresh blueberries

INSTRUCTIONS

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

13. 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.

14. Barbecued Tofu and Grilled Corn Salad

20 min Serves 4

INGREDIENTS

1 (16-oz) block extra-firm tofu, drained and pressed,
cut into 1/2-inch-thick slices
.....
1/2 cup vegan barbecue sauce
.....
3 ears of corn, husked (or 1 1/2 cups fresh corn
kernels)
.....
1 cup canned pinto beans, rinsed and drained
.....
1/3 cup red bell pepper, finely diced
.....
1/4 cup red onion, finely diced
.....
1 head romaine lettuce, torn into pieces
.....
1 cup fresh cilantro leaves
.....
1/2 cup vegetable oil
.....
1/4 cup fresh lime juice
.....
1/4 cup fresh orange juice
.....
1 tablespoon agave nectar
.....
2 cloves garlic, minced
.....
1 dash red pepper sauce
.....
Salt and black pepper to taste

INSTRUCTIONS

1. Make the vinaigrette: blend cilantro, vegetable oil, lime juice, orange juice, agave nectar, garlic, and red pepper sauce until smooth. Season with salt and pepper. Set aside.
2. Preheat grill or grill pan to medium-high heat (about 400°F / 200°C). Brush tofu slices generously with barbecue sauce on both sides. Grill tofu for 3-4 minutes per side until char marks appear. Remove and cut into 1-inch squares.
3. Grill whole corn ears directly on the grates for 8-10 minutes, turning every 2 minutes, until charred in spots. Let cool slightly, then cut kernels off the cob.
4. In a large bowl, combine romaine, pinto beans, grilled corn kernels, red bell pepper, and red onion. Drizzle with half the vinaigrette and toss to coat.
5. Top the salad with grilled tofu squares. Drizzle remaining vinaigrette over the top and serve immediately.

15. Stuffed Tofu with Vegetables (Easy)

15 min Serves 4

INGREDIENTS

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

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon mirin

1 1/2 teaspoons minced scallion tops

1 teaspoon dark sesame oil

3 teaspoons olive oil, divided

1 small clove garlic, minced

1 teaspoon minced fresh ginger

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

1/2 small red bell pepper, finely chopped

1/2 small green bell pepper, finely chopped

1 teaspoon tamari or soy sauce

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

1 1/2 teaspoons curry powder

INSTRUCTIONS

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

16. 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.

17. Easy Mustard-Crusted Tofu With Kale (30 Minutes)

10 min Serves 2

INGREDIENTS

1 (14 oz) package firm tofu, drained and pressed
1/2 cup whole grain Dijon mustard
4 tbsp vegetable oil, divided
1/2 medium onion, thinly sliced
1 tbsp fresh ginger, peeled and minced
1 small sweet potato (about 8 oz), peeled, halved lengthwise, thinly sliced crosswise
1 bunch kale, stems removed, leaves thinly sliced crosswise (about 8 cups)
2 tbsp fresh lime juice
1/2 tsp sea salt
black pepper, to taste

INSTRUCTIONS

1. Slice pressed tofu crosswise into 6–8 planks about 1/2 inch thick. Pat dry, then spread both sides generously with Dijon mustard. Season with salt and pepper.
2. Heat 2 tablespoons oil in a large (12-inch) skillet over medium-high heat. Add tofu planks in a single layer and cook undisturbed for 4–5 minutes until golden and the mustard has formed a crust. Flip and cook another 3–4 minutes. Transfer to a plate.
3. In the same skillet, heat remaining 2 tablespoons oil over medium heat. Add onion and ginger and cook for 2–3 minutes until softened. Add sweet potato slices and cook, stirring occasionally, for 5–6 minutes until just tender.
4. Add kale to the pan in two or three batches, tossing after each addition. Cook over medium heat for 3–4 minutes until kale is wilted and tender. Season with salt, pepper, and lime juice.
5. Divide the kale and sweet potato mixture between two plates and lay mustard-crusted tofu planks on top. Drizzle with any remaining pan juices and serve immediately.

18. Easy Peanut Curry Tofu & Potatoes (30 Minutes)

10 min Serves 4

INGREDIENTS

150 g golden shallots, peeled and left whole
375 g waxy potatoes, cut into 5 cm pieces
375 g firm tofu, cut into 2.5 cm pieces
1/3 cup vegetable oil
2 tbsp red curry paste
2 tbsp palm sugar (or coconut sugar)
2 tbsp soy sauce
2 cups full-fat coconut milk
1/2 cup unsalted roasted peanuts
1 cup fresh Thai basil leaves
4 kaffir lime leaves, finely sliced
1 red chili, chopped, to garnish

INSTRUCTIONS

1. Heat oil in a large wok or heavy-based saucepan over medium heat. Add shallots and fry for 3–4 minutes until lightly golden. Add curry paste and fry, stirring constantly, for 2 minutes until fragrant.
2. Stir in palm sugar, soy sauce, and coconut milk; bring to a simmer over medium heat.
3. Add potatoes to the sauce, cover, and simmer for 12–15 minutes until just tender when pierced with a knife.
4. Add tofu and roasted peanuts; stir gently and cook uncovered for 3–4 minutes until tofu is heated through and sauce has thickened slightly.
5. Remove from heat and stir through Thai basil and kaffir lime leaves. Serve over steamed jasmine rice, garnished with chopped red chili.

19. Baby Bok Choy Tofu Marmalade Sauce (Easy)

10 min Serves 4

INGREDIENTS

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

INSTRUCTIONS

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

20. Easy Indian Cauliflower Nu Bhanolu (Vegan & Gluten-Free)

15 min Serves 4

INGREDIENTS

1 1/4 cups cauliflower florets, finely chopped
1 tablespoon green chili and ginger paste
1 1/2 cups full-fat coconut milk
6 tablespoons garbanzo flour (besan)
1 teaspoon sugar
1 teaspoon fresh lemon juice
1 1/2 teaspoons salt (or to taste)
1 tablespoon vegetable oil, divided (for greasing and tempering)
1/2 teaspoon brown mustard seeds
1/2 teaspoon cumin seeds
1 pinch hing (asafoetida), optional

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch baking dish with 1 teaspoon oil.
2. In a large bowl, whisk together coconut milk and garbanzo flour until smooth with no lumps. Stir in cauliflower, green chili-ginger paste, sugar, lemon juice, and salt until combined.
3. Pour the batter into the greased baking dish. Bake at 350°F for 25–30 minutes until the center is set and a toothpick inserted in the middle comes out clean.
4. While the bake rests, heat remaining 2 teaspoons oil in a small pan over medium-high heat. Add mustard seeds and cumin seeds and cook 30–60 seconds until the seeds pop. Add hing if using.
5. Pour the hot tempering oil evenly over the top of the baked dish. Let rest 5 minutes, then cut into squares and serve warm with rice or flatbread.

21. Steamed Vegetable Dumplings (Easy, Authentic)

45 min Serves 4

INGREDIENTS

For the dough:

2 cups all-purpose flour

1/2 cup just-boiled water

1/4 cup cold water

For the filling:

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

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

3 ounces brown pressed tofu, finely chopped

1/3 cup finely chopped carrot

1/2 cup chopped Chinese chives or scallions

1 tablespoon finely minced fresh ginger

1 1/2 tablespoons soy sauce

2 tablespoons sesame oil

2 tablespoons canola oil

2 teaspoons cornstarch dissolved in 1 tablespoon cold water

3/4 teaspoon sugar

1/4 teaspoon salt

1/4 teaspoon ground white pepper

For the dipping sauce:

3 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sesame oil

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

1 clove garlic, minced

INSTRUCTIONS

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

22. Green Apple Goodness Shake (Protein-Packed)

5 min Serves 1

INGREDIENTS

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

INSTRUCTIONS

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

23. Crispy Spiced Chickpea Nuts (Vegan Snack)

15 min Serves 6

INGREDIENTS

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

INSTRUCTIONS

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

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

5 min Serves 2

INGREDIENTS

4 oz (115 g) frozen unsweetened acai pulp (such as Sambazon), broken into pieces

2 ripe bananas, peeled and frozen

1 1/4 cups (300 ml) unsweetened almond milk

1/2 cup (45 g) rolled oats

1 1/2 cups (225 g) fresh mixed berries, divided (half for blending, half for topping)

1 tablespoon unsweetened coconut flakes, for topping

2 teaspoons maple syrup, for drizzling

INSTRUCTIONS

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

25. 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.

The Formula for a Weight Loss Meal

Use this plate ratio at every meal. No calorie counting required once you learn the proportions.

50%

VEGETABLES

Broccoli, spinach, kale,
zucchini, cabbage, bell
peppers, cauliflower, green
beans, carrots

25%

WHOLE GRAINS

Brown rice, quinoa, oats, whole
wheat pasta, sweet potato,
bulgur

25%

PLANT PROTEIN

Tofu, tempeh, lentils,
chickpeas, black beans,
edamame

WHY THIS RATIO WORKS

Vegetables are the lowest-calorie foods on your plate. Making them half of every meal lets you eat a large volume of food while keeping total calories low. The protein quarter keeps you full longer. The grain quarter provides energy without excess calories.

Calorie Density: Eat More, Weigh Less

Calories per 100g of common plant foods. Eat more from the top of this list to feel full on fewer calories.

FOOD	CAL PER 100G	DENSITY
Leafy greens (spinach, lettuce)	~7-25	Very low
Broccoli, cauliflower, zucchini	~15-25	Very low
Carrots, bell peppers	~25-40	Very low
Berries (strawberries, blueberries)	~30-60	Low
Lentils (cooked)	~115	Low
Black beans (cooked)	~130	Low
Tofu (firm)	~145	Low
Brown rice (cooked)	~110	Low
Quinoa (cooked)	~120	Low
Oats (cooked)	~70	Low
Whole wheat bread	~250	Moderate
Avocado	~160	Moderate
Peanut butter	~590	High
Olive oil	~880	Very high

 Fill your plate with these  Good staples in controlled portions  Use sparingly (calorie-dense)

THE VOLUME TRICK

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A pound of broccoli (about 4 cups) has 150 calories. A pound of pasta has 1,680 calories. If you fill half your plate with low-density vegetables, you can eat until you are genuinely full and still lose weight. This is why the plate formula puts vegetables at 50%.

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

Weekly Grocery List

Everything you need for the 7-day weight loss plan. Prioritize fresh vegetables.

VEGETABLES

- | | |
|---|---|
| ☐ Broccoli (2 large heads) | ☐ Bell peppers (3) |
| ☐ Kale (1 large bunch) | ☐ Carrots (1 lb bag) |
| ☐ Spinach (1 bag, 10 oz) | ☐ Celery (1 bunch) |
| ☐ Mixed greens / arugula (1 container) | ☐ Cauliflower (1 head) |
| ☐ Cabbage (1 small head) | ☐ Bok choy (1 bunch) |
| ☐ Zucchini (2 medium) | ☐ Cherry tomatoes (1 pint) |
| ☐ Cucumber (2) | ☐ Green onions (1 bunch) |

FRUIT

- | | |
|---|--|
| ☐ Bananas (3) | ☐ Frozen acai packets (4) |
| ☐ Apples (2) | ☐ Pear (1) |
| ☐ Lemons (3) | ☐ Orange (1) |
| ☐ Frozen berries (1 bag) | |

GRAINS

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

PROTEIN

- | | |
|---|---|
| ☐ Firm tofu (3 blocks, 14 oz each) | ☐ Frozen edamame (1 bag) |
| ☐ Canned chickpeas (2 cans) | ☐ Hummus (1 container) |
| ☐ Dry red lentils (1 lb bag) | |

PANTRY & CONDIMENTS

- | | |
|--|--|
| ☐ Vegetable broth (2 cartons) | ☐ Dijon mustard |
| ☐ Nutritional yeast | ☐ Peanut butter (small jar) |
| ☐ Soy sauce | ☐ Chia seeds |
| ☐ Rice vinegar | ☐ Breadcrumbs |
| ☐ Sesame oil | ☐ Fresh ginger (1 knob) |
| ☐ Sesame seeds | ☐ Garlic (1 head) |
| ☐ Olive oil | |

SPICES

- | | |
|--|--|
| ☐ Smoked paprika | ☐ Nutmeg |
| ☐ Ground cumin | ☐ Salt and black pepper |
| ☐ Ground turmeric | |

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