

# 30-Day Vegan Challenge

Your complete beginner-friendly guide to going  
plant-based for 30 days

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**VeganPreps**

# Welcome to Your 30-Day Challenge

You do not need to be perfect. Just try 30 days. This guide gives you a full month of simple, familiar plant-based meals that anyone can make. No strange ingredients, no complicated techniques, no pressure.

## What to Expect

- Week 1: Easy comfort food you already know (pasta, rice, potatoes, oats)
- Week 2: A bit more variety with curries and stir-fries
- Week 3: International flavors and new grains like quinoa
- Week 4: Full variety – by now you will know what you like

## How to Use This Plan

- Each week has a meal plan, grocery list, and prep schedule
- Recipes link to full instructions at [veganpreps.com](https://veganpreps.com)
- Calorie estimates help you stay on track (target ~1700 cal/day)
- Swap any meal you dislike for another from the same week

### THE GOLDEN RULE

If you slip up, just eat the next meal on the plan. One non-vegan meal does not ruin anything. Pick up where you left off.

For the full recipe collection with step-by-step instructions, visit [veganpreps.com](https://veganpreps.com).

# Before You Start: Pantry Swap List

Replace these staples and you are 80% there. No need to buy everything at once.

## **COW MILK -> OAT MILK**

Oat milk is the closest in taste and texture to dairy milk. Works in coffee, cereal, baking, and cooking. Store-brand versions cost \$2-3 per half gallon.

## **BUTTER -> OLIVE OIL OR COCONUT OIL**

Use olive oil for cooking and roasting. Coconut oil works for baking when you need something solid. Both are cheaper than vegan butter and work better in most recipes.

## **EGGS -> FLAX EGGS (FOR BAKING)**

Mix 1 tablespoon ground flaxseed with 3 tablespoons water. Let it sit 5 minutes until thick. Works in pancakes, muffins, and quick breads. For scrambles, use crumbled firm tofu instead.

## **CHEESE -> NUTRITIONAL YEAST**

Nutritional yeast is a yellow flake that tastes like parmesan when sprinkled on pasta, popcorn, or potatoes. It costs about \$5 for a bag that lasts weeks. Available at most grocery stores.

## **CHICKEN BROTH -> VEGETABLE BROTH**

Store-brand vegetable broth costs the same as chicken broth. Use it in soups, stews, rice, and anywhere you used chicken broth before.

## **YOGURT -> COCONUT YOGURT OR SOY YOGURT**

Soy yogurt has more protein. Coconut yogurt tastes creamier. Both work in smoothies and with granola. Try a small container first to find the brand you like.

## **HONEY -> MAPLE SYRUP OR AGAVE**

Maple syrup works in everything honey does – oatmeal, baking, dressings, tea. Agave is thinner and dissolves faster in cold drinks.

# Week 1: Getting Started

Easy comfort food you already know. Pasta, rice, potatoes, beans, oats.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Mon</b>	Overnight Oats with Banana & PB (1/2 cup oats, 1 banana, 1 tbsp PB, oat milk) ~410 cal	PB&J Sandwich + Apple Slices (2 slices bread, PB + jam, 1 apple) ~420 cal	Spaghetti with Marinara Sauce (200g pasta, 1/2 cup marinara) ~490 cal	Banana + Handful of Peanuts (1 banana, 30g peanuts) ~250 cal	<b>~1570</b>
<b>Tue</b>	Toast with PB & Sliced Banana (2 slices bread, 1 tbsp PB, 1 banana) ~380 cal	Simple Lentil Soup + Bread (1.5 cups soup, 1 bread roll) ~370 cal	Black Bean Tacos with Rice (1/2 cup beans, 2 tortillas, 1/2 cup rice) ~510 cal	Oat Granola Bar (1 homemade bar) ~190 cal	<b>~1450</b>
<b>Wed</b>	Oat Porridge with Maple Syrup (1/2 cup oats, oat milk, 1 tbsp maple) ~360 cal	Veggie Wrap with Hummus (1 tortilla, 3 tbsp hummus, mixed veggies) ~420 cal	Potato & Bean Stew (2 medium potatoes, 1/2 cup beans, broth) ~470 cal	Toast with PB (2 slices bread, 1 tbsp PB each) ~270 cal	<b>~1520</b>
<b>Thu</b>	Banana Pancakes (1 banana, 1/2 cup flour, flax egg, 3 small pancakes) ~350 cal	Leftover Potato Bean Stew (1.5 cups, reheated) ~470 cal	Pasta with Chickpeas & Garlic (200g pasta, 1/2 cup chickpeas, garlic oil) ~480 cal	PB Banana Smoothie (1 banana, 1 tbsp PB, 1 cup oat milk) ~310 cal	<b>~1610</b>
<b>Fri</b>	Overnight Oats with Berries (1/2 cup oats, 1/4 cup berries, oat milk) ~390 cal	Rice & Bean Bowl (1 cup rice, 1/2 cup black beans, salsa) ~440 cal	Tofu Scramble with Roasted Potatoes (150g tofu, 1 medium potato) ~460 cal	Apple + PB (1 apple, 1.5 tbsp PB) ~260 cal	<b>~1550</b>
<b>Sat</b>	Blueberry Oat Smoothie (1/3 cup oats, 1/2 cup blueberries, oat milk) ~340 cal	Black Bean Quesadilla (1/2 cup beans, 1 tortilla, salsa) ~430 cal	Simple Vegetable Soup + Bread Roll (1.5 cups soup, 1 bread roll) ~380 cal	Popcorn (3 cups air-popped, pinch of salt) ~120 cal	<b>~1270</b>

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Sun</b>	Tofu Scramble on Toast (150g tofu, 1 slice bread) ~370 cal	Leftover Vegetable Soup + Crackers (1.5 cups soup, 6 crackers) ~400 cal	Baked Potato with Black Beans & Salsa (1 large potato, 1/2 cup beans, salsa) ~510 cal	Banana Oat Cookies (3 cookies, oats + banana + maple) ~240 cal	<b>~1520</b>

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

# Week 1 Grocery List

Everything you need for the week. Check off items as you shop.

## PRODUCE

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- |   |   |
|---|---|
| <input type="checkbox"/> Bananas (6)                        | <input type="checkbox"/> Avocado (1)                |
| <input type="checkbox"/> Apples (3)                         | <input type="checkbox"/> Bell peppers (2)           |
| <input type="checkbox"/> Blueberries (1 pint or frozen bag) | <input type="checkbox"/> Mixed salad greens (1 bag) |
| <input type="checkbox"/> Yellow onions (3 lb bag)           | <input type="checkbox"/> Carrots (1 lb bag)         |
| <input type="checkbox"/> Garlic (1 head)                    | <input type="checkbox"/> Celery (1 bunch)           |
| <input type="checkbox"/> Potatoes (3 lbs)                   | <input type="checkbox"/> Lemons (2)                 |
| <input type="checkbox"/> Tomatoes (4)                       |   |

## GRAINS & BREAD

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- |   |  |
|---|--|
| <input type="checkbox"/> Rolled oats (42 oz canister) | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Spaghetti (1 lb box)         | <input type="checkbox"/> Popcorn kernels (1 bag)     |
| <input type="checkbox"/> Penne pasta (1 lb box)       | <input type="checkbox"/> Taco shells (1 box)         |
| <input type="checkbox"/> Bread - whole wheat (1 loaf) |  |

## BEANS & PROTEIN

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- |  |  |
|--|--|
| <input type="checkbox"/> Canned black beans (3 cans) | <input type="checkbox"/> Firm tofu (2 blocks)                |
| <input type="checkbox"/> Canned chickpeas (2 cans)   | <input type="checkbox"/> Peanut butter - natural (16 oz jar) |
| <input type="checkbox"/> Dry red lentils (1 lb bag)  | <input type="checkbox"/> Peanuts - unsalted (8 oz bag)       |

## CANNED & PANTRY

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- |   |   |
|---|---|
| <input type="checkbox"/> Marinara sauce (1 jar)             | <input type="checkbox"/> Hummus (1 container)       |
| <input type="checkbox"/> Vegetable broth (2 cartons, 32 oz) | <input type="checkbox"/> Maple syrup (1 bottle)     |
| <input type="checkbox"/> Canned diced tomatoes (2 cans)     | <input type="checkbox"/> Olive oil (if not on hand) |
| <input type="checkbox"/> Salsa (1 jar)                      | <input type="checkbox"/> Soy sauce (1 bottle)       |

- Ground flaxseed (1 small bag)

## OTHER

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- Plant milk - oat (half gallon)
- Jam or jelly (1 jar)
- Frozen mixed berries (1 bag)

# Week 1 Prep Schedule

Spend 60–90 minutes on Sunday to make weekday meals faster.

## STEP 1 (10 MIN)

Make overnight oats for Monday and Friday

*Two jars: oats + plant milk + banana. Fridge overnight. Ready to grab.*

## STEP 2 (15 MIN)

Cook a big pot of lentil soup

*Red lentils + onion + carrot + broth. Makes 6 servings. Tuesday lunch + fridge for later.*

## STEP 3 (15 MIN)

Cook a batch of brown rice

*2 cups dry rice = ~6 cups cooked. Use for tacos, bowls, and sides all week.*

## STEP 4 (10 MIN)

Prep vegetables for the week

*Dice onions, slice bell peppers, peel carrots. Store in separate containers.*

## STEP 5 (10 MIN)

Make PB banana smoothie mix bags

*Slice 3 bananas into bags. Add 1 tbsp PB and oats to each. Freeze. Blend with plant milk when needed.*

# Week 2: Building Confidence

Adding curries, stir-fries, and bolder flavors.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Mon</b>	Oat Porridge with PB & Banana (1/2 cup oats, 1 tbsp PB, 1 banana) ~420 cal	Chickpea Salad Sandwich (1/2 cup mashed chickpeas, 2 slices bread) ~440 cal	Simple Vegetable Curry with Rice (1 cup curry, 3/4 cup rice) ~510 cal	Handful of Mixed Nuts (30g, about 20 nuts) ~200 cal	~1570
<b>Tue</b>	Smoothie Bowl (1/3 cup oats, 1 banana, 1/4 cup berries, oat milk) ~380 cal	Leftover Curry + Naan Bread (1 cup curry, 1 naan) ~480 cal	Tofu Stir-Fry with Rice Noodles (150g tofu, 200g noodles, mixed veg) ~470 cal	Rice Cakes + PB (2 cakes, 1 tbsp PB each) ~240 cal	~1570
<b>Wed</b>	Toast with Avocado & Tomato (1 slice bread, 1/4 avocado, 2 tomato slices) ~340 cal	Lentil Soup + Bread Slice (1.5 cups soup, 1 slice bread) ~370 cal	Bean & Rice Burrito Bowl (1/2 cup beans, 3/4 cup rice, salsa, veggies) ~490 cal	Banana + Oat Bar (1 banana, 1 homemade oat bar) ~250 cal	~1450
<b>Thu</b>	Banana Oat Pancakes (1 banana, 1/2 cup oats, 3 small pancakes) ~360 cal	Hummus Veggie Wrap (1 tortilla, 3 tbsp hummus, mixed veggies) ~430 cal	Chickpea Potato Curry (1/2 cup chickpeas, 1 potato, curry sauce) ~480 cal	PB on Toast (2 slices bread, 1 tbsp PB each) ~270 cal	~1540
<b>Fri</b>	Overnight Oats with Cinnamon (1/2 cup oats, oat milk, cinnamon) ~380 cal	Leftover Chickpea Curry + Rice (1 cup curry, 3/4 cup rice) ~490 cal	Veggie Stir-Fry with Tofu & Soy Sauce (150g tofu, mixed veg, 1 tbsp soy sauce) ~450 cal	Apple Slices + PB (1 apple, 1.5 tbsp PB) ~260 cal	~1580
<b>Sat</b>	Tofu Scramble with Peppers (150g tofu, 1 bell pepper, onion) ~360 cal	Bean Chili + Cornbread (1 cup chili, 1 piece cornbread) ~480 cal	Pasta with Roasted Vegetables (200g pasta, roasted veg medley) ~460 cal	Oat Energy Balls (3 balls, oats + PB + maple) ~220 cal	~1520

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
Sun	PB & Berry Smoothie (1 tbsp PB, 1/2 cup berries, 1 cup oat milk) ~350 cal	Leftover Bean Chili + Rice (1 cup chili, 3/4 cup rice) ~500 cal	Simple Noodle Soup with Tofu (200g noodles, 100g tofu, broth, veggies) ~400 cal	Popcorn + Nutritional Yeast (3 cups popped, 1 tbsp nooch) ~150 cal	~1400

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

# Week 2 Grocery List

Everything you need for the week. Check off items as you shop.

## PRODUCE

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- |   |   |
|---|---|
| <input type="checkbox"/> Bananas (5)                | <input type="checkbox"/> Avocado (1)  |
| <input type="checkbox"/> Apples (2)                 | <input type="checkbox"/> Tomatoes (3)   |
| <input type="checkbox"/> Berries (1 pint or frozen) | <input type="checkbox"/> Mixed vegetables for stir-fry (broccoli, carrots, snap peas) |
| <input type="checkbox"/> Yellow onions (2 lbs)      | <input type="checkbox"/> Fresh ginger (1 small knob)                                  |
| <input type="checkbox"/> Garlic (1 head)            | <input type="checkbox"/> Lemons (2)   |
| <input type="checkbox"/> Bell peppers (3)           | <input type="checkbox"/> Lettuce (1 head)   |

## GRAINS & BREAD

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- |   |  |
|---|--|
| <input type="checkbox"/> Rice noodles (1 pack)        | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Brown rice (2 lb bag)        | <input type="checkbox"/> Cornbread mix (1 box)       |
| <input type="checkbox"/> Naan bread (1 pack)          | <input type="checkbox"/> Rice cakes (1 pack)         |
| <input type="checkbox"/> Bread - whole wheat (1 loaf) |  |

## BEANS & PROTEIN

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- |   |   |
|---|---|
| <input type="checkbox"/> Canned black beans (2 cans)  | <input type="checkbox"/> Firm tofu (2 blocks)           |
| <input type="checkbox"/> Canned chickpeas (2 cans)    | <input type="checkbox"/> Peanut butter (if running low) |
| <input type="checkbox"/> Canned kidney beans (2 cans) | <input type="checkbox"/> Mixed nuts (8 oz bag)          |
| <input type="checkbox"/> Dry red lentils (1 lb bag)   |   |

## CANNED & PANTRY

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- |   |   |
|---|---|
| <input type="checkbox"/> Vegetable broth (2 cartons)    | <input type="checkbox"/> Curry powder               |
| <input type="checkbox"/> Canned diced tomatoes (2 cans) | <input type="checkbox"/> Coconut milk (1 can)       |
| <input type="checkbox"/> Tomato paste (1 small can)     | <input type="checkbox"/> Soy sauce (if running low) |

- Rice vinegar (1 small bottle)
- Olive oil
- Nutritional yeast (1 bag)

## OTHER

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- Plant milk - oat (half gallon)
- Frozen berries (1 bag)

# Week 2 Prep Schedule

Spend 60–90 minutes on Sunday to make weekday meals faster.

## STEP 1 (20 MIN)

Make the vegetable curry base

*Cook onions, garlic, curry powder, coconut milk, diced tomatoes. Store in fridge. Reheat with rice Mon/Tue.*

## STEP 2 (15 MIN)

Cook brown rice for the week

*2 cups dry = ~6 cups cooked. Portion into containers for burritos, curry, and stir-fry sides.*

## STEP 3 (10 MIN)

Prep stir-fry vegetables

*Cut broccoli, carrots, and snap peas. Store in one large container. Ready to toss in a pan.*

## STEP 4 (15 MIN)

Make bean chili

*Kidney beans + black beans + diced tomatoes + onion + chili powder. Makes 6+ servings for Saturday and Sunday.*

## STEP 5 (10 MIN)

Prep overnight oats and smoothie bags

*2 jars of overnight oats for Monday and Friday. 2 smoothie bags with banana and berries.*

# Week 3: Expanding Your Range

International flavors, quinoa, coconut, and more variety.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Mon</b>	Oat Porridge with Walnuts & Maple (1/2 cup oats, 6 walnut halves, 1 tbsp maple) ~400 cal	Quinoa Black Bean Salad (3/4 cup quinoa, 1/2 cup black beans, veggies) ~430 cal	Red Lentil Coconut Curry + Rice (1 cup curry, 3/4 cup rice) ~520 cal	Hummus + Carrot Sticks (3 tbsp hummus, 2 carrots) ~180 cal	<b>~1530</b>
<b>Tue</b>	Banana Berry Smoothie (1 banana, 1/2 cup berries, 1 cup oat milk) ~340 cal	Leftover Lentil Curry + Naan (1 cup curry, 1 naan) ~490 cal	Tofu Fried Rice with Vegetables (150g tofu, 1 cup rice, mixed veg) ~460 cal	Toast with PB & Banana (1 slice bread, 1 tbsp PB, 1 banana) ~310 cal	<b>~1600</b>
<b>Wed</b>	Overnight Oats with Coconut & Mango (1/2 cup oats, coconut flakes, 1/3 mango) ~390 cal	Bean & Corn Salad Wrap (1 tortilla, 1/3 cup beans, corn, salsa) ~420 cal	Pasta with Lentil Bolognese (200g pasta, 1/2 cup lentil sauce) ~500 cal	Mixed Nuts (30g, about 20 nuts) ~200 cal	<b>~1510</b>
<b>Thu</b>	Cinnamon Pancakes with Maple Syrup (3 small pancakes, 1 tbsp maple) ~370 cal	Leftover Lentil Bolognese + Bread (1 cup bolognese, 1 slice bread) ~480 cal	Quinoa Stuffed Bell Peppers (2 peppers, 1/2 cup quinoa + bean filling) ~440 cal	Apple + PB (1 apple, 1.5 tbsp PB) ~260 cal	<b>~1550</b>
<b>Fri</b>	PB Banana Oat Smoothie (1 banana, 1 tbsp PB, 1/3 cup oats, oat milk) ~380 cal	Chickpea Curry Wrap (1 tortilla, 1/2 cup chickpea curry) ~440 cal	Bean & Sweet Potato Chili (1 sweet potato, 1/2 cup beans, broth) ~480 cal	Rice Cakes + Hummus (2 cakes, 2 tbsp hummus) ~200 cal	<b>~1500</b>
<b>Sat</b>	Tofu Scramble with Mushrooms (150g tofu, 1 cup mushrooms) ~350 cal	Quinoa Bowl with Roasted Vegetables (3/4 cup quinoa, roasted veg medley) ~460 cal	Vegetable Noodle Stir-Fry (200g noodles, mixed veg, soy sauce) ~440 cal	Oat Granola Bar (1 homemade bar) ~190 cal	<b>~1440</b>

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Sun</b>	Coconut Oat Porridge with Berries (1/2 cup oats, coconut milk, 1/4 cup berries) ~390 cal	Leftover Stir-Fry Noodles + Soup (1 bowl noodles, 1 cup broth) ~460 cal	Baked Sweet Potato with Black Beans (1 large sweet potato, 1/2 cup beans) ~470 cal	Banana + Walnuts (1 banana, 6 walnut halves) ~250 cal	<b>~1570</b>

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

# Week 3 Grocery List

Everything you need for the week. Check off items as you shop.

## PRODUCE

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- |   |  |
|---|--|
| <input type="checkbox"/> Bananas (5)                | <input type="checkbox"/> Sweet potatoes (3)                |
| <input type="checkbox"/> Apples (2)                 | <input type="checkbox"/> Mushrooms (8 oz)                  |
| <input type="checkbox"/> Mango (1 or frozen chunks) | <input type="checkbox"/> Carrots (1 lb bag)                |
| <input type="checkbox"/> Berries (1 pint or frozen) | <input type="checkbox"/> Corn (2 cans or frozen bag)       |
| <input type="checkbox"/> Yellow onions (2 lbs)      | <input type="checkbox"/> Mixed stir-fry vegetables (1 bag) |
| <input type="checkbox"/> Garlic (1 head)            | <input type="checkbox"/> Lemons (2)                        |
| <input type="checkbox"/> Bell peppers (4)           |  |

## GRAINS & BREAD

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|--|---|
| <input type="checkbox"/> Quinoa (1 lb bag)           | <input type="checkbox"/> Bread - whole wheat (1 loaf) |
| <input type="checkbox"/> Brown rice (if running low) | <input type="checkbox"/> Flour tortillas (pack of 8)  |
| <input type="checkbox"/> Pasta (1 lb box)            | <input type="checkbox"/> Rice noodles (1 pack)        |
| <input type="checkbox"/> Naan bread (1 pack)         | <input type="checkbox"/> Rice cakes (1 pack)          |

## BEANS & PROTEIN

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- |  |   |
|--|---|
| <input type="checkbox"/> Canned black beans (3 cans) | <input type="checkbox"/> Walnuts (8 oz bag)             |
| <input type="checkbox"/> Canned chickpeas (2 cans)   | <input type="checkbox"/> Peanut butter (if running low) |
| <input type="checkbox"/> Dry red lentils (1 lb bag)  | <input type="checkbox"/> Hummus (1 container)           |
| <input type="checkbox"/> Firm tofu (1 block)         |   |

## CANNED & PANTRY

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- |   |   |
|---|---|
| <input type="checkbox"/> Vegetable broth (2 cartons)    | <input type="checkbox"/> Tomato paste (1 can) |
| <input type="checkbox"/> Coconut milk (2 cans)          | <input type="checkbox"/> Soy sauce            |
| <input type="checkbox"/> Canned diced tomatoes (2 cans) | <input type="checkbox"/> Maple syrup          |

- Shredded coconut (1 small bag)
- Olive oil
- Chili powder
- Cumin

## OTHER

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- Plant milk – oat (half gallon)
- Frozen berries (if needed)

# Week 3 Prep Schedule

Spend 60–90 minutes on Sunday to make weekday meals faster.

## STEP 1 (15 MIN)

Cook quinoa for the week

*1.5 cups dry quinoa. Rinse well, cook with broth. Use for salads, stuffed peppers, and bowls.*

## STEP 2 (20 MIN)

Make red lentil coconut curry

*Red lentils + coconut milk + curry powder + diced tomatoes. Makes 6 servings for Monday and Tuesday.*

## STEP 3 (15 MIN)

Cook a batch of pasta

*1 lb pasta for Wednesday and Thursday. Store plain in fridge. Reheat with bolognese sauce.*

## STEP 4 (15 MIN)

Make lentil bolognese sauce

*Red lentils + marinara + diced onion + garlic. Simmer 20 min. Use with pasta Wed/Thu.*

## STEP 5 (10 MIN)

Prep overnight oats and cut vegetables

*1 jar overnight oats for Wednesday. Slice mushrooms, peppers, and sweet potatoes for the week.*

# Week 4: Full Variety

By now you know what you like. Mix and match freely.

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Mon</b>	Overnight Oats with PB & Chia Seeds (1/2 cup oats, 1 tbsp PB, 1 tbsp chia) ~420 cal	Lentil & Vegetable Soup (1.5 cups, lentils + mixed veg) ~370 cal	Tofu Curry with Coconut Rice (200g tofu, 1 cup curry, 3/4 cup coconut rice) ~520 cal	Banana + Handful of Almonds (1 banana, 15 almonds) ~260 cal	~1570
<b>Tue</b>	Oat Porridge with Stewed Apples (1/2 cup oats, 1 stewed apple, oat milk) ~370 cal	Chickpea Sandwich + Side Salad (1/2 cup chickpeas, 2 slices bread, salad) ~440 cal	Pasta Primavera with Garlic Bread (200g pasta, mixed veg, 1 slice garlic bread) ~510 cal	PB on Rice Cakes (2 rice cakes, 1 tbsp PB each) ~230 cal	~1550
<b>Wed</b>	Berry Banana Smoothie Bowl (1 banana, 1/2 cup berries, 2 tbsp granola) ~360 cal	Quinoa Bean Burrito (1/2 cup quinoa, 1/3 cup beans, 1 tortilla, salsa) ~470 cal	Potato Leek Soup + Bread Roll (1.5 cups soup, 1 bread roll) ~400 cal	Oat Energy Balls (3 balls, oats + PB + maple) ~220 cal	~1450
<b>Thu</b>	Banana Walnut Pancakes (1 banana, 1/2 cup flour, 6 walnut halves) ~380 cal	Leftover Potato Leek Soup + Crackers (1.5 cups soup, 6 crackers) ~420 cal	Tofu Rice Bowl with Stir-Fried Vegetables (150g tofu, 1 cup rice, mixed veg) ~470 cal	Apple + PB (1 apple, 1.5 tbsp PB) ~260 cal	~1530
<b>Fri</b>	Toast with PB, Banana & Cinnamon (2 slices bread, 1 tbsp PB, 1 banana) ~390 cal	Bean & Rice Salad Bowl (1/2 cup beans, 3/4 cup rice, veggies, dressing) ~440 cal	Red Lentil Soup + Garlic Toast (1.5 cups soup, 1 slice garlic toast) ~420 cal	Popcorn (3 cups air-popped, pinch of salt) ~120 cal	~1370
<b>Sat</b>	Tofu Scramble with Hash Browns (150g tofu, 1 cup hash browns) ~410 cal	Veggie Burger on Bun + Side Salad (1 patty, 1 bun, green side salad) ~480 cal	Chickpea & Vegetable Stir-Fry + Rice (1/2 cup chickpeas, mixed veg, 3/4 cup rice) ~490 cal	PB Banana Smoothie (1 banana, 1 tbsp PB, 1 cup oat milk) ~310 cal	~1690

DAY	BREAKFAST	LUNCH	DINNER	SNACK	~CALORIES
<b>Sun</b>	Oat Waffles with Maple Syrup (2 waffles, 1 tbsp maple) ~380 cal	Leftover Chickpea Stir-Fry Wrap (1 tortilla, leftover stir-fry filling) ~430 cal	Bean Chili with Cornbread (1 cup chili, 1 piece cornbread) ~500 cal	Banana + Oat Bar (1 banana, 1 homemade oat bar) ~250 cal	<b>~1560</b>

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

# Week 4 Grocery List

Everything you need for the week. Check off items as you shop.

## PRODUCE

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- |   |  |
|---|--|
| <input type="checkbox"/> Bananas (5)                | <input type="checkbox"/> Mixed salad greens (1 bag)        |
| <input type="checkbox"/> Apples (3)                 | <input type="checkbox"/> Bell peppers (2)                  |
| <input type="checkbox"/> Berries (1 pint or frozen) | <input type="checkbox"/> Tomatoes (3)                      |
| <input type="checkbox"/> Yellow onions (2 lbs)      | <input type="checkbox"/> Carrots (1 lb bag)                |
| <input type="checkbox"/> Garlic (1 head)            | <input type="checkbox"/> Mixed stir-fry vegetables (1 bag) |
| <input type="checkbox"/> Potatoes (2 lbs)           | <input type="checkbox"/> Lemons (2)                        |
| <input type="checkbox"/> Leeks (2)                  |  |

## GRAINS & BREAD

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- |   |  |
|---|--|
| <input type="checkbox"/> Brown rice (if running low)  | <input type="checkbox"/> Burger buns (pack of 4)     |
| <input type="checkbox"/> Quinoa (if running low)      | <input type="checkbox"/> Flour tortillas (pack of 8) |
| <input type="checkbox"/> Pasta (1 lb box)             | <input type="checkbox"/> Cornbread mix (1 box)       |
| <input type="checkbox"/> Bread - whole wheat (1 loaf) | <input type="checkbox"/> Rice cakes (1 pack)         |

## BEANS & PROTEIN

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- |   |   |
|---|---|
| <input type="checkbox"/> Canned black beans (2 cans)  | <input type="checkbox"/> Firm tofu (2 blocks)                 |
| <input type="checkbox"/> Canned chickpeas (2 cans)    | <input type="checkbox"/> Peanut butter (if running low)       |
| <input type="checkbox"/> Canned kidney beans (2 cans) | <input type="checkbox"/> Almonds (8 oz bag)                   |
| <input type="checkbox"/> Dry red lentils (1 lb bag)   | <input type="checkbox"/> Veggie burger patties (1 pack, 4 ct) |

## CANNED & PANTRY

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- |   |   |
|---|---|
| <input type="checkbox"/> Vegetable broth (2 cartons)    | <input type="checkbox"/> Tomato paste (1 can) |
| <input type="checkbox"/> Coconut milk (1 can)           | <input type="checkbox"/> Curry powder         |
| <input type="checkbox"/> Canned diced tomatoes (2 cans) | <input type="checkbox"/> Soy sauce            |

- Maple syrup
- Olive oil
- Garlic bread (1 frozen loaf)
- Chia seeds (1 small bag)

## **OTHER**

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- Plant milk – oat (half gallon)

# Week 4 Prep Schedule

Spend 60–90 minutes on Sunday to make weekday meals faster.

## STEP 1 (15 MIN)

Cook brown rice and quinoa

*1.5 cups of each. Store separately. Use for curry, bowls, salads, and stir-fry.*

## STEP 2 (20 MIN)

Make potato leek soup

*Potatoes + leeks + vegetable broth. Simmer 20 min. Blend half for creamy texture. Wednesday and Thursday meals.*

## STEP 3 (15 MIN)

Make red lentil soup

*Red lentils + onion + garlic + broth + cumin. Makes 6 servings for Monday lunch and Friday dinner.*

## STEP 4 (15 MIN)

Prep bean chili

*Kidney beans + black beans + diced tomatoes + chili powder. Sunday dinner + potential leftovers for next week.*

## STEP 5 (10 MIN)

Prep overnight oats and cut vegetables

*1 jar overnight oats for Monday. Dice onions, peppers, and carrots for the week.*

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# Recipes

## 1. Golden Tofu Scramble with Sun-Dried Tomatoes

10 Serves 2

### INGREDIENTS

1 tablespoon olive oil  
1 medium yellow onion, finely diced  
2 cloves garlic, minced  
1 teaspoon ground turmeric  
400 g (14 oz) firm tofu, pressed and drained  
1/4 cup sun-dried tomatoes in oil, drained and roughly chopped  
2 tablespoons nutritional yeast  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 small bunch fresh basil, leaves thinly sliced

### INSTRUCTIONS

1. Press the tofu for at least 10 minutes to remove excess moisture, then crumble it by hand into rough, scrambled-egg-sized pieces.
2. Heat olive oil in a large non-stick skillet over medium heat. Add the onion and cook, stirring occasionally, for 5–6 minutes until softened and translucent. Add the garlic and turmeric and cook for 1 minute until fragrant.
3. Add the crumbled tofu to the pan. Spread it out and let it cook undisturbed for 2–3 minutes to develop a golden crust on the bottom, then stir and repeat once more.
4. Stir in the sun-dried tomatoes and nutritional yeast. Season with salt and pepper. Cook for a further 2 minutes, stirring, until everything is heated through and the scramble is dry and golden.
5. Remove from heat, scatter fresh basil over the top, and serve immediately on toast, in a wrap, or alongside roasted vegetables.

## 2. Tropical Smoothie Bowl With Mango (Easy)

5 Serves 1

### INGREDIENTS

1½ cups frozen mango chunks  
1 frozen banana, sliced  
1 tablespoon unsweetened coconut cream  
¼ teaspoon vanilla extract  
¼ cup vanilla-flavored almond milk (plus more as needed)  
1 tablespoon unsweetened flaked coconut  
1 teaspoon goji berries  
½ teaspoon chia seeds  
¼ cup fresh pineapple or mango chunks (optional topping)  
1 tablespoon granola (optional topping)

### INSTRUCTIONS

1. Add frozen mango, frozen banana, coconut cream, vanilla extract, and almond milk to a high-powered blender. Blend on high for 30 to 45 seconds, stopping to scrape down the sides as needed.
2. Check consistency—the base should be thick enough to eat with a spoon and hold toppings without sinking. If too thick, add almond milk 1 tablespoon at a time and blend briefly. Do not over-thin.
3. Pour into a bowl and immediately top with flaked coconut, goji berries, and chia seeds. Add optional pineapple chunks and granola if using. Serve right away.

### 3. Spanish Tofu Omelette (30-Minute Vegan Dinner)

15 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.

### 4. Easy Vegan Mediterranean Scramble (Tofu)

5 Serves 2

#### INGREDIENTS

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

#### INSTRUCTIONS

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

## 5. Easy Date and Fennel Tofu Scramble Recipe

10 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.

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

5 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.

## 7. Yam & Oat Breakfast Casserole (Meal Prep)

15 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.

## 8. 30-Second Blueberry Chia Breakfast Smoothie

2 Serves 2

### INGREDIENTS

2 cups (480 ml) full-fat coconut milk (from a carton or BPA-free can, shaken well)

1 cup (150 g) mixed berries, frozen or fresh

1 ripe banana, peeled and frozen

2 tablespoons plant-based protein powder (vanilla or unflavored)

1 tablespoon organic wild blueberry powder

1 teaspoon chia seeds, plus more for garnish

### INSTRUCTIONS

1. Add coconut milk to the blender first, then add frozen banana, mixed berries, blueberry powder, protein powder, and chia seeds.
2. Blend on high speed for 45 to 60 seconds until completely smooth and creamy. If too thick, add a splash of coconut milk; if too thin, add a few more frozen berries.
3. Pour into two glasses, sprinkle with extra chia seeds, and serve immediately.

## 9. Lemon Quinoa Breakfast Bowl (Gluten-Free)

10 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.

## 10. Easy Crispy Tofu Scramble (5-Minute Breakfast)

5 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.

## 11. Best Spiced Chai Overnight Oats (Prep Ahead)

10 Serves 1

### INGREDIENTS

1/2 cup rolled oats  
1/2 cup brewed chai tea, cooled  
1/2 cup unsweetened almond milk  
2 tablespoons apple butter  
1 tablespoon chia seeds  
1 tablespoon maple syrup  
1/2 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
Pinch of ground cardamom  
Pinch of sea salt

### INSTRUCTIONS

1. Brew a strong cup of chai tea and allow it to cool to room temperature.
2. In a jar or container with a lid, combine rolled oats, chia seeds, cinnamon, cardamom, and sea salt. Stir dry ingredients together.
3. Add cooled chai tea, almond milk, apple butter, maple syrup, and vanilla extract. Stir thoroughly until everything is combined and apple butter is fully mixed in.
4. Seal the jar and refrigerate for at least 4 hours, or overnight. The oats and chia seeds will absorb the liquid and thicken.
5. In the morning, stir the oats, add a splash of almond milk if too thick, and top with fresh fruit, nuts, or a drizzle of maple syrup before serving.

## 12. Valentine's Day Smoothie Bowl (5 Minutes)

5 Serves 2

### INGREDIENTS

1½ cups water  
1 small beet, peeled and chopped  
½ cup diced cucumber  
2 celery stalks, roughly chopped  
1 apple, cored and cubed  
1 mango, cubed  
½ lemon, peeled  
1 banana, peeled  
1 package (4 oz) frozen acai, broken into chunks  
2 tablespoons hemp hearts  
2 tablespoons cacao nibs  
¼ cup fresh blueberries  
2 tablespoons fresh raspberries  
2 teaspoons chia seeds  
10 fresh mint leaves

### INSTRUCTIONS

1. Add water, beet, cucumber, celery, apple, mango, lemon, banana, and frozen acai to a high-powered blender. Blend on high for 60 seconds until completely smooth and thick; if the mixture is too thick to blend, add water 1 tablespoon at a time.
2. Check consistency: the base should be thick enough to hold toppings without sinking—similar to soft-serve ice cream. If too thin, add more frozen acai or banana and blend again for 20 seconds.
3. Divide the smoothie evenly between two wide bowls.
4. Top each bowl with hemp hearts, cacao nibs, blueberries, raspberries, chia seeds, and mint leaves. Arrange decoratively and serve immediately.

### 13. Quick Thai Green Bean Salad (20 Minutes)

15 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.

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

15 Serves 2

#### INGREDIENTS

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

#### INSTRUCTIONS

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

## 15. Best Vegan Potato Salad (Creamy & Easy)

20 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.

## 16. Creamy Avocado Tofu Salad with Wasabi

10 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.

## 17. Roasted Garlic Kale Quinoa Salad (Best)

20 Serves 4

### INGREDIENTS

12 cloves garlic, unpeeled  
2 cups (200 g) fresh cranberries  
1 tablespoon olive oil (for roasting)  
3 tablespoons extra-virgin olive oil (for dressing)  
1/2 tablespoon chia seeds  
1/4 cup (60 ml) fresh lemon juice  
1 tablespoon Dijon mustard  
2 teaspoons maple syrup  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
4 cups (120 g) kale, stems removed and leaves chopped  
2 cups (370 g) quinoa, cooked and cooled  
1 small fennel bulb, thinly shaved  
1 cup (100 g) walnuts, roughly chopped  
1/2 cup (75 g) red bell pepper, diced  
1/2 cup (80 g) red onion, thinly sliced

### INSTRUCTIONS

1. Preheat oven to 375 F (190 C). Toss garlic cloves (unpeeled) and cranberries with 1 tablespoon olive oil on a rimmed baking sheet. Roast for 20 to 25 minutes until garlic is soft and golden and cranberries have burst. Let cool for 10 minutes, then squeeze garlic cloves out of their skins.
2. Make dressing: whisk together roasted garlic (mashed into a paste), lemon juice, Dijon mustard, maple syrup, chia seeds, and 3 tablespoons olive oil. Season with salt and pepper. Let stand 5 minutes so chia seeds hydrate slightly and thicken the dressing.
3. Place chopped kale in a large bowl. Drizzle 2 tablespoons of dressing over kale and massage firmly with your hands for 1 to 2 minutes until leaves soften and turn dark green.
4. Add cooled quinoa, fennel, walnuts, red bell pepper, red onion, and roasted cranberries to the kale. Pour remaining dressing over and toss well to coat everything evenly.
5. Taste and adjust salt, pepper, and lemon juice. Serve immediately or refrigerate for up to 4 hours - the kale holds well dressed.

## 18. Seared Sesame Tofu With Asian Salad (Easy)

15 Serves 2

### INGREDIENTS

20 oz (565 g) extra-firm tofu, cut into 1/2-inch thick slices, patted dry  
1/2 cup (70 g) sesame seeds  
4 tablespoons (60 ml) roasted garlic oil, divided  
3 tablespoons fresh ginger, peeled and minced  
1/4 cup (60 ml) rice vinegar  
2 tablespoons tamari or soy sauce  
1 1/3 cups (120 g) green onions, chopped  
1 1/3 cups (175 g) yellow bell pepper, thinly sliced  
1 1/3 cups (130 g) bean sprouts  
Salt and black pepper to taste

### INSTRUCTIONS

1. Press tofu slices between paper towels and press firmly until very dry. Spread sesame seeds on a shallow plate. Press each tofu slice into the seeds, coating both sides evenly.
2. Heat 2 tablespoons roasted garlic oil in a large skillet over medium-high heat. Add tofu in a single layer (work in batches). Cook undisturbed for 3 to 4 minutes per side until golden and seeds are toasted. Transfer to a plate.
3. In the same skillet over medium heat, add remaining 2 tablespoons oil and minced ginger. Cook, stirring, for 1 minute until fragrant. Add rice vinegar and tamari, scraping up any browned bits. Simmer 1 minute, then remove from heat.
4. Toss green onions, yellow bell pepper, and bean sprouts in a large bowl. Pour warm ginger dressing over salad and toss to coat. Season with salt and pepper.
5. Divide salad between 2 plates and top with sesame-crusted tofu slices. Serve immediately.

## 19. Chef Morimoto's Mashed Tofu Salad (Quick)

15 Serves 2

### INGREDIENTS

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

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1 teaspoon kosher salt (for tofu seasoning)

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8 cups (about 240 g) fresh spinach leaves

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1 tablespoon sesame seeds

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1 1/2 teaspoons sugar

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1 teaspoon mirin

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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.

## 20. Garlicky Kale & Chickn Salad (Easy & Cheesy)

15 Serves 2

### INGREDIENTS

1/4 cup tahini, well-stirred

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5 tablespoons water

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2 tablespoons nutritional yeast

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2 cloves garlic, minced

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2 tablespoons fresh lemon juice

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1/4 teaspoon salt

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1/4 teaspoon black pepper

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1 (8-ounce) package plant-based crispy chicken strips

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1 (12-ounce) bunch lacinato or red kale, stems removed, leaves torn into bite-size pieces

### INSTRUCTIONS

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

## 21. Vegan Cowboy Pepper Salad (Rainbow)

20 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.

## 22. Easy Sesame Asparagus Tofu Salad (20 Minutes)

8 Serves 2

### INGREDIENTS

12 oz firm tofu, drained, patted dry, cut into 3/4-inch  
cubes  
2 bunches asparagus, trimmed and cut into 2-inch  
pieces  
1/3 cup soy sauce  
1/4 cup rice bran oil, divided  
2 tsp mirin  
1 tsp Dijon mustard  
1 tsp sesame oil  
2 cloves garlic, crushed  
1 long red chili, de-seeded and finely sliced  
2 tbsp sesame seeds, toasted

### INSTRUCTIONS

1. Whisk together soy sauce, 2 tablespoons rice bran oil, mirin, Dijon mustard, sesame oil, garlic, and chili in a bowl to make the dressing; set aside.
2. Heat remaining 2 tablespoons rice bran oil in a large skillet or wok over medium-high heat until shimmering. Add tofu in a single layer and cook undisturbed for 3-4 minutes per side until golden and crisp; remove to a plate.
3. Add asparagus to the same pan and stir-fry over medium-high heat for 3-4 minutes until bright green and just tender-crisp.
4. Return tofu to the pan, pour dressing over everything, and toss to coat. Cook 1 minute until heated through.
5. Transfer to a serving plate, scatter toasted sesame seeds and chili slices over the top, and serve immediately.

## 23. Kale Sushi Salad (Quick Vegan Bowl)

15 Serves 2

### INGREDIENTS

2 cups raw kale, finely chopped

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1/2 large carrot, shredded

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1/4 English cucumber, diced

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3 oz firm tofu, pressed and cut into 1/2-inch cubes

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3 tablespoons shelled edamame

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1/2 small avocado, diced

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1 tablespoon raw sesame seeds

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1-2 tablespoons pickled ginger

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1/2 tablespoon sesame oil

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1 tablespoon rice wine vinegar

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1-2 tablespoons soy sauce or tamari

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1-2 teaspoons sriracha

### INSTRUCTIONS

1. Press tofu for at least 15 minutes, then cut into 1/2-inch cubes.
2. Whisk together sesame oil, rice wine vinegar, soy sauce, and sriracha in a large bowl.
3. Add kale, carrot, cucumber, tofu, edamame, and pickled ginger to the bowl. Toss to coat evenly.
4. Marinate at room temperature for 30 minutes, tossing once halfway through, so the kale softens slightly and tofu absorbs the dressing.
5. Add avocado and sesame seeds just before serving. Toss gently and divide between 2 bowls.

## 24. Exotic Vegan Mango Endive Salad (Fresh)

15 Serves 4

### INGREDIENTS

2 ripe but firm mangoes, peeled and cut into 1-inch chunks

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1 cup pomegranate seeds (from about 1 large pomegranate)

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1 cup fresh coconut flesh, thinly sliced (or 1/2 cup unsweetened coconut flakes)

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1/4 cup red onion, finely minced

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3 tablespoons fresh lemon juice

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1 teaspoon olive oil

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1/2 teaspoon sea salt

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2 tablespoons fresh mint or cilantro leaves, roughly torn

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1 head Belgian endive, base trimmed, leaves separated

### INSTRUCTIONS

1. Combine mango chunks, pomegranate seeds, coconut, and red onion in a large bowl.
2. Drizzle with lemon juice and olive oil, then season with sea salt. Toss gently to coat without breaking up the mango.
3. Fold in fresh mint or cilantro and taste, adjusting lemon juice or salt as needed.
4. Arrange endive leaves in a single layer on a serving platter, curved side down to form natural cups.
5. Spoon the mango mixture into and over the endive leaves. Serve immediately while the endive is still crisp.

## 25. Bean Curd Peanut Salad (Best Protein)

15 Serves 2

### INGREDIENTS

1 lb (450g) fresh medium-firm tofu, pressed and cut into 1/4-inch cubes

1 teaspoon fresh ginger root, finely minced

3 tablespoons scallions, minced

3 tablespoons fresh cilantro leaves, minced

2 tablespoons sesame oil

1 tablespoon low-sodium soy sauce

1 tablespoon dry sherry

1/2 teaspoon sugar

1 dash hot sauce (such as Tabasco)

3 tablespoons dry-roasted peanuts

### INSTRUCTIONS

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

## 26. Big Vegan Buddha Bowl (Meal Prep Ready)

15 Serves 2

### INGREDIENTS

1 large sweet potato (about 400 g), chopped into 3/4-inch cubes

1 (15 oz / 425 g) can chickpeas, drained and rinsed

1 tablespoon olive oil

1/2 teaspoon garlic powder

1/2 teaspoon chili powder

1/4 teaspoon cumin

Pinch of cayenne pepper

1/2 teaspoon fine sea salt

1 cup uncooked quinoa

1 1/2 cups water

1 large carrot, peeled and julienned

1 1/2 cups purple cabbage, shredded

2 large handfuls mixed greens or spinach

4 tablespoons hummus

1 ripe avocado, sliced

2 tablespoons hulled hemp seeds

### INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper. Toss sweet potato cubes and chickpeas with olive oil, garlic powder, chili powder, cumin, cayenne, and salt. Spread in a single layer on the baking sheet and roast for 30-35 minutes, flipping halfway, until sweet potato is tender and chickpeas are golden.
2. While vegetables roast, rinse quinoa and combine with 1 1/2 cups water in a small saucepan. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes. Remove from heat and let stand 5 minutes, then fluff with a fork.
3. Divide greens between 2 bowls. Top each with quinoa, roasted sweet potato and chickpeas, julienned carrot, and shredded purple cabbage.
4. Add sliced avocado and a dollop of hummus (2 tablespoons per bowl) to each bowl. Sprinkle with hemp seeds and serve immediately. Store components separately in the fridge for up to 4 days.

## 27. Crispy Tofu Special K Meatloaf (Plant-Based)

15 Serves 6

### INGREDIENTS

2 packages (450 g each) soft or firm tofu, drained  
4 teaspoons onion powder  
2 teaspoons celery salt  
1 teaspoon garlic powder  
1 teaspoon dried parsley flakes  
1/4 teaspoon turmeric  
1/4 teaspoon dried marjoram  
1 stick (113 g) vegan butter (such as Earth Balance), melted  
1 cup walnuts, roughly chopped  
1 1/2 large yellow onions, finely diced  
1 box (340 g) Special K cereal, lightly crushed

### INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan with a little vegan butter or cooking spray.
2. Drain tofu and squeeze out as much liquid as possible by pressing between paper towels or in a tofu press. Transfer to a large mixing bowl and mash thoroughly with a fork until no large chunks remain.
3. Mix together onion powder, celery salt, garlic powder, parsley, turmeric, and marjoram in a small bowl; add to the mashed tofu and stir to combine.
4. Add melted vegan butter, chopped walnuts, and diced onion to the tofu mixture; stir well. Fold in the crushed Special K cereal until evenly incorporated – the mixture should be thick and hold its shape when pressed.
5. Press the mixture firmly into the prepared loaf pan, smoothing the top. Bake for 55 to 60 minutes until the top is deep golden-brown and the edges are pulling away from the sides of the pan.
6. Remove from oven and let cool in the pan for 10 minutes before slicing. Serve with vegan gravy or ketchup.

## 28. Creamy Green Pea Pasta Sauce (Vegan)

10 Serves 4

### INGREDIENTS

12 oz pasta of choice (linguine or spaghetti work well)  
1 cup frozen green peas  
1 cup water  
2 green onions, chopped  
2 tablespoons fresh flat-leaf parsley  
1 tablespoon olive oil  
Juice of 1 small lemon (about 2 tablespoons)  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper

### INSTRUCTIONS

1. Cook pasta in a large pot of salted boiling water according to package instructions. Reserve 1/4 cup pasta water before draining.
2. While pasta cooks, combine frozen peas, water, green onions, olive oil, lemon juice, salt, and pepper in a small saucepan. Bring to a simmer over medium heat and cook for 4–5 minutes until peas are tender.
3. Transfer the pea mixture to a blender and add parsley. Blend on high for 60 seconds until completely smooth. Add reserved pasta water 1 tablespoon at a time if sauce is too thick.
4. Toss hot drained pasta with the green pea sauce until evenly coated. Taste and adjust salt and lemon juice.
5. Serve immediately, topped with extra fresh parsley if desired.

## 29. Spicy Udon Noodles With Crispy Tofu (Restaurant-Style)

15 Serves 3

### INGREDIENTS

1 lb firm tofu, pressed and cut into 2-inch cubes  
1/4 cup vegetable oil, divided  
1 lb Chinese broccoli or broccolini, cut into 2-inch pieces  
4 garlic cloves, minced  
1 tablespoon Szechuan peppercorns, toasted and coarsely ground  
5 oz beech, cremini, or shiitake mushrooms, sliced  
1 tablespoon chili-garlic sauce  
3 tablespoons soy sauce  
1 tablespoon rice vinegar  
1 teaspoon dark sesame oil  
1 teaspoon sugar  
8 oz fresh or dried udon noodles  
2 scallions, thinly sliced, for garnish

### INSTRUCTIONS

1. Toast Szechuan peppercorns in a dry skillet over medium heat for 1–2 minutes until fragrant. Let cool, then grind coarsely using a mortar or spice grinder. Cook udon noodles according to package directions, drain, and toss with sesame oil to prevent sticking.
2. In a small bowl, whisk together soy sauce, rice vinegar, chili-garlic sauce, and sugar. Set aside.
3. Heat 3 tablespoons vegetable oil in a large wok or skillet over high heat. Add tofu cubes in a single layer – do not crowd. Cook undisturbed 3–4 minutes per side until golden brown and crispy. Remove and set aside.
4. Add remaining 1 tablespoon oil to the wok. Add garlic and ground Szechuan peppercorns, stir-fry 30 seconds. Add mushrooms and cook 3–4 minutes until browned. Add Chinese broccoli and stir-fry 3 minutes until bright green and just tender.
5. Pour sauce over the vegetables, add udon noodles, and toss everything together over high heat for 2 minutes. Return tofu to the wok and gently fold in.
6. Divide into bowls and garnish with sliced scallions. Serve immediately.

## 30. Easy Tofu and Mushroom Marsala

15 Serves 4

### INGREDIENTS

16 oz (450 g) firm tofu, pressed and cut into 3/4-inch cubes  
10 oz (280 g) cremini mushrooms, sliced  
1 (14 oz) can diced tomatoes, with juices  
1 cup Marsala wine  
2 tablespoons olive oil  
4 garlic cloves, pressed or minced  
1 red bell pepper, chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
Black pepper to taste  
1/4 cup fresh basil, chopped  
Crusty bread, for serving

### INSTRUCTIONS

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

## 31. Thai Pineapple Fried Rice in Shell (Easy)

20 Serves 2

### INGREDIENTS

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

### INSTRUCTIONS

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

## 32. Noodles With Stir-Fried Tofu Broccoli

20 Serves 2

### INGREDIENTS

1 lb firm tofu, pressed for 20 minutes, cut into 3/4-inch cubes

8 oz Chinese wheat noodles or linguine

1 tablespoon canola oil

1 small head broccoli, cut into bite-size florets (about 3 cups)

2 tablespoons water (for steaming broccoli)

1/3 cup stir-fry sauce or 1/2 cup Thai peanut sauce

Salt to taste

### INSTRUCTIONS

1. Press tofu for at least 20 minutes using a tofu press or by wrapping in a clean towel and weighting it. Cook noodles according to package directions until al dente; drain and set aside.
2. Heat canola oil in a large wok or skillet over medium-high heat. Add tofu cubes in a single layer and cook undisturbed for 3 to 4 minutes until golden. Flip and cook another 3 minutes. Transfer tofu to a plate.
3. In the same wok, add broccoli florets and 2 tablespoons water. Cover and steam for 3 to 4 minutes until bright green and just tender. Remove lid and let any remaining water cook off.
4. Return tofu to the wok with the broccoli. Pour in the stir-fry or peanut sauce and toss to coat. Cook over medium heat for 1 minute until everything is heated through.
5. Add drained noodles to the wok and toss everything together until noodles are evenly coated. Taste and adjust salt. Serve immediately.

## 33. Cold Soy Udon Noodles (Quick & Refreshing)

5 Serves 1

### INGREDIENTS

1 portion (approximately 6 oz) frozen udon noodles

200 ml (3/4 cup) unsweetened soy milk

2 teaspoons shiro-dashi

1 teaspoon yuzu pepper paste (or 1/2 tsp white pepper + 1/2 tsp lemon zest)

2 tablespoons sun-dried tomatoes in oil, finely chopped (vegan mentaiko substitute for umami and brininess)

1 small sheet toasted nori, cut into thin strips

4-5 fresh shiso leaves, torn or thinly sliced

Black pepper to taste (optional)

### INSTRUCTIONS

1. Cook the frozen udon noodles according to package directions (typically 2-3 minutes in boiling water or 1.5-2 minutes in the microwave). Drain and rinse immediately under cold running water until the noodles are fully chilled. Shake off excess water.
2. In a bowl or measuring cup, whisk together the cold soy milk, shiro-dashi, and yuzu pepper paste until combined.
3. Place the chilled noodles in a serving bowl. Pour the cold soy milk broth over the noodles.
4. Top with the sun-dried tomatoes, nori strips, and shiso leaves. Add black pepper if desired. Serve immediately while cold.

### 34. Cilantro Lime Grilled Tofu (Simple & Fresh)

40 Serves 4

#### INGREDIENTS

1 (14 oz / 400 g) package firm tofu, pressed 30 minutes

1/4 cup fresh lime juice (about 2–3 limes)

1 tablespoon olive oil

2 cloves garlic, minced

5 tablespoons chopped fresh cilantro

2 teaspoons chili powder

1 teaspoon garlic powder

2 teaspoons salt

1/4 teaspoon cayenne pepper

Black pepper to taste

#### INSTRUCTIONS

1. Press tofu for at least 30 minutes using a tofu press or by placing it between two plates weighted with a heavy object. Once pressed, slice into 8 equal slabs about 1/2-inch thick.
2. In a shallow dish, whisk together lime juice, olive oil, minced garlic, cilantro, chili powder, garlic powder, salt, cayenne, and black pepper. Add tofu slabs, turning to coat both sides. Cover and marinate in the refrigerator for at least 30 minutes, or up to 8 hours.
3. Heat a grill or grill pan over medium–high heat (about 400°F / 200°C). Brush the grates or pan lightly with oil.
4. Remove tofu from the marinade and grill for 5–7 minutes per side until firm grill marks form and the tofu is heated through. Brush with remaining marinade during cooking.
5. Serve immediately, garnished with extra fresh cilantro and lime wedges on the side.

### 35. Best Braised Bean Curd With Garlic (Quick)

40 Serves 2

#### INGREDIENTS

6 ounces (170g) firm tofu, sliced into triangles

3 garlic cloves, crushed to a paste

2 teaspoons coriander roots (or coriander stems), finely chopped

4 teaspoons shoyu or light soy sauce, divided

1 teaspoon raw sugar

3 teaspoons sesame oil, divided

10 tablespoons (150ml) peanut oil, divided (4 tbsp for marinade frying, 6 tbsp for main fry)

5 fluid ounces (150ml) dark vegetable stock

1 tablespoon tomato puree

1 tablespoon rice vinegar

1 teaspoon arrowroot

1 teaspoon coarsely ground black pepper

1/2 medium cucumber, halved lengthwise and thinly sliced

4 spring onions, shredded

#### INSTRUCTIONS

1. In a shallow dish, mix crushed garlic, coriander roots, 2 teaspoons soy sauce, raw sugar, 4 tablespoons peanut oil, and 1 teaspoon sesame oil into a paste. Add tofu triangles, coat thoroughly, and marinate for at least 30 minutes (or up to overnight) in the refrigerator.
2. Heat 6 tablespoons peanut oil in a wok or heavy skillet over medium–high heat to approximately 180°C (350°F). Add marinated tofu in batches and fry 2–3 minutes per side until golden and crispy. Remove to a paper towel-lined plate.
3. Discard all but 1 tablespoon of oil from the pan. In a small bowl, whisk together vegetable stock, remaining 2 teaspoons soy sauce, tomato puree, rice vinegar, arrowroot, black pepper, and remaining 2 teaspoons sesame oil.
4. Pour sauce into the pan over medium heat and stir constantly for 2–3 minutes until it thickens and becomes glossy.
5. Return tofu to the pan, spoon sauce over the pieces, and heat through for 1 minute.
6. Arrange cucumber slices on a serving plate, place tofu on top, pour remaining sauce over, and garnish with shredded spring onions. Serve immediately.

## 36. Simple Five Spice Tofu (Ready in 15 Minutes)

25 Serves 4

### INGREDIENTS

2 (12 oz / 340 g) packages firm or extra-firm tofu, pressed for 20 minutes and sliced into 1/2-inch planks or 1-inch cubes

2 tablespoons neutral oil (such as avocado or sunflower), for frying

1 tablespoon toasted sesame oil

1 tablespoon Chinese five spice powder

1 teaspoon fine salt

1 teaspoon black pepper

1 teaspoon red pepper flakes (optional)

4 tablespoons (1/4 cup) soy sauce

1/4 cup water

### INSTRUCTIONS

1. Press tofu for at least 20 minutes using a press or by sandwiching between towels with a heavy pan on top. Pat dry. Slice into 1/2-inch planks or 1-inch cubes.
2. Mix the five spice powder, salt, black pepper, and red pepper flakes in a small bowl. Brush or drizzle the sesame oil over the tofu pieces, then sprinkle the spice mixture evenly over all sides.
3. Heat the neutral oil in a large non-stick or cast iron skillet over medium-high heat. Add the tofu in a single layer and cook for 4 to 5 minutes per side without moving, until deeply golden on each side.
4. Reduce heat to medium. Pour the soy sauce and water into the pan – it will sizzle. Flip the tofu once and cook for 2 to 3 more minutes until the sauce reduces to a sticky glaze and coats each piece.
5. Remove from heat and serve immediately over rice or noodles.

## 37. Quick Red Curry Tofu & Sweet Potato (Easy)

10 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.

### 38. Coconut Lime Tofu With Spinach & Quinoa

70 Serves 4

#### INGREDIENTS

1 package (14–16 oz) extra-firm tofu, drained and pressed

1 cup light coconut milk (from a can)

2 whole jalapeno peppers, seeded and diced

1 tablespoon fresh ginger, grated

4 cloves garlic, grated

2 tablespoons soy sauce

1/4 cup lime juice, freshly squeezed (about 2 limes)

1.5 tablespoons coconut sugar (or regular sugar or maple syrup)

1 tablespoon safflower oil (or neutral oil)

1 large tomato, diced

1 package (7 oz) baby spinach

2 cups quinoa, cooked according to package instructions

Salt to taste

#### INSTRUCTIONS

1. Cut pressed tofu into 1-inch cubes. In a shallow dish, whisk together coconut milk, jalapeno, ginger, garlic, soy sauce, lime juice, and coconut sugar. Add tofu and toss to coat. Cover and marinate in the refrigerator for at least 1 hour (up to overnight).
2. Heat oil in a large skillet over medium-high heat. Remove tofu from marinade with a slotted spoon and reserve the marinade. Add tofu to the skillet in a single layer and cook 3–4 minutes per side until browned. Remove and set aside.
3. Pour the reserved marinade into the same skillet. Bring to a simmer over medium heat and cook 3–4 minutes until slightly reduced. Add the diced tomato and stir to combine.
4. Add baby spinach and stir until fully wilted, about 2 minutes. Return tofu to the pan and gently toss to coat. Season with salt to taste.
5. Serve over cooked quinoa.

### 39. Easy Classic Mapo Tofu Recipe (Ready in 20 Minutes)

5 Serves 4

#### INGREDIENTS

1 pound (450 g) medium-firm tofu, cut into 2 cm cubes

2 tablespoons vegetable oil

3 garlic cloves, minced

3 tablespoons Chinese hot bean paste (doubanjiang)

1 cup (240 ml) vegetable broth

1/4 teaspoon paprika

1 tablespoon ground Szechuan pepper

1 tablespoon cornstarch

2 tablespoons cold water

2 green onion stalks, thinly sliced

#### INSTRUCTIONS

1. Cut tofu into 2 cm cubes and let sit on a paper towel-lined plate for 5 minutes to drain excess moisture.
2. Heat vegetable oil in a wok or large skillet over medium-high heat, add the doubanjiang (hot bean paste) and minced garlic, and stir-fry for 1–2 minutes until fragrant and the oil turns red.
3. Pour in vegetable broth, add paprika, stir to combine, and bring to a gentle simmer.
4. Carefully add tofu cubes to the sauce, stir gently to coat, and simmer over medium-low heat for 5–6 minutes, occasionally spooning sauce over the tofu without breaking the cubes.
5. In a small bowl, whisk cornstarch with 2 tablespoons cold water until smooth, then pour into the simmering pan and stir gently for 1–2 minutes until the sauce thickens and coats the tofu.
6. Sprinkle ground Szechuan pepper over the dish, stir once, top with sliced green onions, and serve immediately over steamed rice.

## 40. Spicy Baked Tofu (One-Pan Recipe)

30 Serves 2

### INGREDIENTS

1 (16 oz) package extra-firm tofu, pressed and cut into 1/2-inch cubes

2 tablespoons rice vinegar

2 tablespoons ketchup

2 tablespoons natural peanut butter

1 teaspoon low-sodium soy sauce

1 teaspoon toasted sesame oil

1 garlic clove, minced

1/2 teaspoon ground ginger

1/4 teaspoon cayenne pepper, or to taste

Fresh ground black pepper, to taste

### INSTRUCTIONS

1. Press tofu for at least 20 minutes to remove excess moisture, then cut into 1/2-inch cubes. Preheat oven to 400°F (200°C). Line a 9x13-inch baking sheet with parchment paper.
2. In a large bowl, whisk together rice vinegar, ketchup, peanut butter, soy sauce, sesame oil, garlic, ground ginger, cayenne, and black pepper until smooth.
3. Add tofu cubes to the sauce and toss gently to coat evenly. Let marinate at room temperature for 20–30 minutes, tossing once halfway through.
4. Spread marinated tofu in a single layer on the prepared baking sheet. Bake at 400°F for 20–25 minutes, flipping once at the 12-minute mark, until edges are golden and slightly caramelized.
5. Serve immediately over steamed rice or noodles, with extra sauce drizzled on top if desired.

## 41. Thai Baked Tofu (Easy 35-Minute Recipe)

10 Serves 2

### INGREDIENTS

24 ounces firm tofu, drained and pressed for 30 minutes

3 tablespoons Thai red or green curry paste

3 tablespoons soy sauce

2 tablespoons coconut milk

1 tablespoon lime juice

2 teaspoons sesame oil

2 cloves garlic, minced

1 teaspoon grated fresh ginger

1 tablespoon neutral oil (for the pan)

2 green onions, sliced (for garnish)

2 tablespoons chopped fresh cilantro (for garnish)

Lime wedges, to serve

### INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a rimmed baking sheet with parchment or lightly oil it. Press tofu for at least 30 minutes, then cut into triangles: slice the block into 4 slabs, then cut each slab diagonally to make 8 triangles total.
2. Whisk together curry paste, soy sauce, coconut milk, lime juice, sesame oil, garlic, and ginger in a shallow bowl. Add tofu triangles and turn gently to coat all sides. Marinate for at least 10 minutes (or up to 2 hours in the fridge).
3. Arrange tofu in a single layer on the prepared baking sheet. Spoon any remaining marinade over the tops. Bake for 20 minutes.
4. Flip each piece and bake for another 20–25 minutes until edges are golden and slightly crisp.
5. Transfer to a serving plate and garnish with green onions and cilantro. Serve with lime wedges and steamed rice or noodles.

## 42. Easy Tofurkey Fried Rice (Quick Weeknight)

10 Serves 4

### INGREDIENTS

1 tablespoon canola oil  
2 tablespoons minced garlic  
1 cup (130g) diced carrot  
1 cup (165g) corn kernels (fresh, frozen, or canned and drained)  
1/2 cup (75g) frozen peas  
8 oz (225g) Tofurkey (or other vegan sausage/deli slices), diced into 1/2-inch pieces  
3 cups cold cooked brown rice  
2 tablespoons soy sauce  
1/4 teaspoon white pepper (or black pepper)  
1/2 cup (30g) scallions, sliced  
1/4 cup (10g) fresh cilantro, roughly chopped

### INSTRUCTIONS

1. Heat the canola oil in a large wok or skillet over medium-high heat until shimmering. Add the minced garlic and stir-fry for 30 seconds until fragrant and just starting to turn golden.
2. Add the diced carrot and stir-fry for 3 minutes until slightly tender. Add the corn and frozen peas and stir-fry for 2 more minutes until the peas are heated through.
3. Push the vegetables to the sides of the wok and add the diced Tofurkey to the center. Cook for 2 minutes, stirring occasionally, until lightly browned on the edges.
4. Add the cold cooked brown rice to the wok, breaking up any clumps with a spatula. Toss everything together and stir-fry over medium-high heat for 3–4 minutes until the rice is heated through and beginning to crisp slightly on the bottom.
5. Drizzle the soy sauce and white pepper over the rice, toss well to distribute evenly, and cook for 1 more minute. Remove from heat, fold in the scallions and cilantro, and serve immediately.

## 43. Stuffed Tofu with Vegetables (Easy)

15 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.

## 44. Best Vegan Bean Cassoulet (Cozy One-Pot)

15 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.

## 45. Quick Warm Tofu with Soy-Ginger Sauce

5 Serves 4

### INGREDIENTS

One 12-oz (340g) package silken firm tofu, drained  
1 tablespoon soy sauce  
1/2 tablespoon fresh ginger, finely grated and peeled  
1 teaspoon toasted sesame oil  
1/4 teaspoon kosher salt (to season cooking water)  
2 green onions (scallions), thinly sliced, for garnish  
1 teaspoon white sesame seeds, for garnish  
1/4 teaspoon togarashi seasoning, for garnish

### INSTRUCTIONS

1. Fill a medium saucepan with enough water to submerge the tofu. Add kosher salt and bring to a bare simmer over medium heat — do not boil.
2. Cut tofu block into 4 equal pieces (about 3 oz each). Gently lower pieces into the simmering water using a slotted spoon. Warm for 4–5 minutes until heated through. Remove carefully and drain on a clean paper towel.
3. While tofu warms, whisk together soy sauce, grated ginger, and toasted sesame oil in a small bowl.
4. Place one tofu piece on each serving plate. Spoon sauce evenly over each piece.
5. Garnish with sliced scallions, sesame seeds, and a pinch of togarashi. Serve immediately.

## 46. Crumbled Tofu & Carrot with Sesame

10 Serves 2

### INGREDIENTS

1 block (300g) firm tofu, pressed and drained

1 medium carrot, peeled and cut into matchsticks or thin rounds

3–4 fresh shiitake mushrooms, stems removed, caps thinly sliced

3 tablespoons ground sesame seeds (or sesame paste)

2 tablespoons sesame oil

2 tablespoons soy sauce

1 tablespoon sugar

1 tablespoon rice vinegar

1 pinch salt

### INSTRUCTIONS

1. Wrap tofu in a clean kitchen towel or paper towels and press for 10 minutes to remove excess moisture. Crumble the tofu into a bowl by hand into small, uneven pieces.
2. Bring a small pot of water to a boil. Blanch carrot for 1–2 minutes until just tender. Remove with a slotted spoon. In the same water, blanch shiitake mushroom slices for 1 minute. Drain both and pat dry.
3. In a small bowl, whisk together ground sesame seeds, sesame oil, soy sauce, sugar, and rice vinegar until the sugar dissolves.
4. In a large bowl, combine crumbled tofu, carrot, and shiitake mushrooms. Pour the sesame dressing over the top and toss gently to coat everything evenly.
5. Taste and adjust seasoning with salt or an extra splash of soy sauce. Serve at room temperature or slightly chilled.

## 47. Elegant Vegan Vichyssoise (Chilled Soup)

15 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.

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

5 Serves 2

### INGREDIENTS

150 g (about 2 servings) dried ramen or udon noodles

200 ml (3/4 cup) unsweetened soy milk

3 tablespoons vegan mentsuyu (3x concentrate)

1 teaspoon doubanjiang (Chinese chili bean paste), or more to taste

1 tablespoon ground sesame seeds

1 teaspoon ra-yu (Japanese chili sesame oil), to taste

2 green onions, finely sliced

1 tablespoon roasted sesame seeds

### INSTRUCTIONS

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

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

10 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.

## 50. Creamy Vegan Broccoli Soup (One-Pot)

15 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.

## 51. Creamy Vegan Mushroom Soup (Joey's Recipe)

15 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.

## 52. Quick Vegan White Chili (One-Pot Recipe)

10 Serves 4

### INGREDIENTS

1 tablespoon olive oil  
1/2 onion, diced  
2 cloves garlic, chopped  
1 pint fresh mushrooms (white button or baby bella), medium chop  
1 teaspoon ground cumin  
2 cups vegetable stock  
1 (15 ounce) can northern beans, drained and rinsed  
1 (15 ounce) can navy beans, drained and rinsed  
16 ounces fresh mild salsa  
16 ounces frozen corn  
1/4 cup jalapenos, chopped  
1/2 cup chipotle-style salsa or 2 chipotles in adobo, chopped  
Salt and black pepper to taste

### INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cumin; cook 1 minute until fragrant.
2. Add mushrooms and cook, stirring, until they release their liquid and begin to brown, about 5 minutes.
3. Pour in vegetable stock, northern beans, navy beans, mild salsa, frozen corn, jalapenos, and chipotle salsa. Stir to combine.
4. Bring to a boil, then reduce heat to medium-low and simmer uncovered for 20 minutes, stirring occasionally, until flavors meld and corn is fully cooked.
5. Taste and season with salt and black pepper. Serve hot with crusty bread or tortilla chips.

## 53. Quick Lentil Tofu Soup (30 Minutes)

10 Serves 4

### INGREDIENTS

4 tablespoons olive oil  
2 medium red onions, diced  
100g smoked tofu, cut into small cubes  
2 tablespoons all-purpose flour  
250g canned lentils, drained and rinsed  
1250ml vegetable broth  
100ml tomato puree  
1 teaspoon dried sage  
1/2 teaspoon dried rosemary  
1 teaspoon dried oregano  
1/2 teaspoon salt, plus more to taste  
1/4 teaspoon black pepper, plus more to taste  
1/8 teaspoon cayenne pepper, plus more to taste

### INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add diced red onions and cook, stirring occasionally, for 6-8 minutes until softened and golden.
2. Add smoked tofu cubes and cook for 3 minutes, stirring, until lightly browned on the edges. Sprinkle flour over the onion and tofu mixture and stir to coat evenly; cook for 1 minute to remove the raw flour taste.
3. Pour in vegetable broth gradually, stirring constantly to prevent lumps. Add tomato puree, drained lentils, sage, rosemary, and oregano; stir to combine.
4. Bring to a boil over medium-high heat, then reduce to medium-low and simmer uncovered for 15 minutes, stirring occasionally, until the soup thickens slightly.
5. Season with salt, black pepper, and cayenne pepper. Taste and adjust seasoning - add more cayenne for extra heat.
6. Ladle into bowls and serve hot with crusty bread.

## 54. Easy Korean Bean Paste Soup (20 Minutes)

5 Serves 4

### INGREDIENTS

3 1/2 cups water (or homemade kombu-mushroom dashi)

3 tablespoons doenjang (Korean fermented soybean paste)

1 tablespoon garlic, minced

1/2 tablespoon vegan dashi powder (kombu or mushroom-based, e.g., Kombu Dashi)

1/2 tablespoon gochujang (Korean hot pepper paste)

1 medium zucchini, cut into 1/2-inch cubes

1 medium potato, peeled and cut into 1/2-inch cubes

4 oz (115 g) fresh mushrooms, quartered

1 medium onion, roughly chopped

1 (12 oz) package soft tofu, cut into 1-inch cubes

### INSTRUCTIONS

1. Bring water (or kombu dashi) to a boil in a medium pot over high heat. Whisk in doenjang and vegan dashi powder until dissolved.
2. Add garlic, gochujang, potato, and onion. Reduce heat to medium and cook 7 minutes until potato begins to soften.
3. Add zucchini and mushrooms and continue cooking 5 minutes until all vegetables are just tender.
4. Gently slide in tofu cubes and simmer 3 minutes without stirring vigorously to keep tofu intact.
5. Taste and adjust saltiness with a little more doenjang if needed. Serve immediately in bowls with steamed rice.

## 55. Silky Corn Tofu Soup (Ready in 20 Min)

10 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.

## 56. Best Pacific Squash Coconut Soup

15 Serves 4

### INGREDIENTS

1 tablespoon vegetable oil  
2 medium onions, chopped  
3 cups (about 450 g) peeled, diced kabocha squash  
480 ml (2 cups) vegetable stock or water  
400 g full-fat coconut cream  
1 tablespoon fresh lemon juice  
1 teaspoon lemon zest  
1/4 teaspoon chili powder  
Salt and black pepper to taste

### INSTRUCTIONS

1. Heat the oil in a large saucepan over medium heat. Add the chopped onions and cook for 5–6 minutes, stirring occasionally, until softened and translucent.
2. Add the diced kabocha squash and vegetable stock. Bring to a boil, then reduce heat to a simmer. Cook uncovered for 25–30 minutes until the squash is completely tender and breaks apart easily with a fork.
3. Remove from heat and let cool for 5 minutes. Transfer the mixture in batches to a blender and blend until completely smooth. Return to the saucepan.
4. Stir in the coconut cream, lemon juice, lemon zest, and chili powder over low heat. Simmer gently for 3–4 minutes until heated through.
5. Season with salt and pepper to taste. Serve hot, with extra chili flakes on the side if desired.

## 57. Easy Vegan Dumplings (Rice Paper)

30 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.

## 58. Easy Chocolate Cherry Smoothie (Ready in 5 Min)

5 Serves 1

### INGREDIENTS

1 ripe banana (frozen for thicker texture)  
1/2 cup frozen dark cherries  
1/3 cup rolled oats  
1/4 cup shelled walnut halves  
1 cup unsweetened almond milk  
1 teaspoon unsweetened cocoa powder  
1/4 teaspoon almond extract  
5 ice cubes

### INSTRUCTIONS

1. Add almond milk to the blender first, then add oats and walnuts and blend for 30 seconds to break them down before adding remaining ingredients.
2. Add banana (broken into chunks), frozen cherries, cocoa powder, almond extract, and ice cubes to the blender.
3. Blend on high for 60–90 seconds until completely smooth, scraping down the sides once if needed.
4. Taste and adjust: add more banana for sweetness, more cocoa for chocolate intensity, or more almond milk to thin the consistency.
5. Pour into a glass and drink immediately.

## 59. Moon Gazing Dumplings with Tofu (Quick Recipe)

15 Serves 4

### INGREDIENTS

100g (3.5 oz) shiratako (glutinous rice flour)  
100g (3.5 oz) silken tofu  
3 tablespoons kinako (roasted soybean flour)  
1 tablespoon kuromitsu (brown sugar syrup)  
1 teaspoon sugar (to mix into kinako)  
1/4 teaspoon salt (to mix into kinako)

### INSTRUCTIONS

1. Combine the silken tofu and shiratako in a bowl. Mix and knead with your hands, adding the tofu a little at a time, until a smooth, pliable dough forms — it should feel as soft as an earlobe. If the dough is too dry, add 1 teaspoon of water at a time; if too wet, add a pinch more shiratako.
2. Divide the dough into 12 equal pieces and roll each into a smooth ball between your palms. Flatten the center of each ball slightly with your thumb so they cook evenly.
3. Bring a medium saucepan of water to a rolling boil over high heat. Add the dumplings and cook for 3–4 minutes, until they float to the surface and have been floating for at least 1 minute. Remove with a slotted spoon and transfer to a bowl of cold water for 1 minute to stop cooking and firm up the texture.
4. While the dumplings cool, mix the kinako, sugar, and salt together in a small bowl to make the coating. Drain the cooled dumplings and pat lightly dry with paper towels.
5. Roll each dumpling in the kinako mixture until fully coated, then thread 3 onto a skewer. Drizzle with kuromitsu just before serving.

## 60. Chocolate Cherry Protein Smoothie (Quick Fix)

5 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.

## 61. Homemade Tofu Jerky (Vegan Snack, Ready in 1 Hour)

15 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.

## 62. Easy Green Vegan Smoothie (5-Minute)

5 Serves 1

### INGREDIENTS

1/2 cup water  
1 cup frozen mango chunks  
1 cup tightly packed baby spinach  
1/2 ripe avocado  
2 tablespoons fresh lemon juice  
1 tablespoon maple syrup (or to taste)  
1 cup ice cubes

### INSTRUCTIONS

1. Add water, frozen mango, spinach, avocado, lemon juice, and maple syrup to a blender. Blend on high speed for 45–60 seconds until smooth.
2. Add ice cubes and blend again on high for 20–30 seconds until thick and creamy.
3. Taste and adjust sweetness with more maple syrup or tartness with more lemon juice. Pour into a glass and serve immediately.

### 63. Green & Sweet Smoothie (Super Easy)

5 Serves 1

#### INGREDIENTS

1/3 medium cucumber (about 80 g), roughly chopped

1 cup (30 g) fresh baby spinach

1/2 ripe mango (about 150 g), peeled and chopped

10 fresh or frozen gooseberries

120 ml (1/2 cup) apple juice, no added sugar

60 ml (1/4 cup) water

2 tablespoons chia seeds

#### INSTRUCTIONS

1. Add cucumber, spinach, mango, and gooseberries to a high-speed blender.
2. Pour in the apple juice and water. Blend on high for 45–60 seconds until completely smooth.
3. Add chia seeds and blend for a further 10 seconds to distribute evenly without over-grinding (this preserves some texture).
4. Pour into a large glass and serve immediately. Stir once before drinking if the chia seeds have started to settle.

### 64. Best Pear-Fect Vegan Smoothie Recipe

5 Serves 1

#### INGREDIENTS

1 ripe banana, peeled and broken into chunks

120 ml (1/2 cup) unsweetened soy milk

120 ml (1/2 cup) unsweetened apple juice

1/2 ripe pear, peeled, cored, and chopped (about 1/2 cup)

60 ml (1/4 cup) fresh or frozen blueberries

#### INSTRUCTIONS

1. Peel and break the banana into chunks; peel, core, and chop the pear.
2. Add all ingredients to a blender in the order listed: banana, soy milk, apple juice, pear, blueberries.
3. Blend on high for 45–60 seconds until completely smooth with no fruit chunks remaining.
4. Taste and add a few drops of lemon juice if you want more brightness, or a small piece of extra banana for more sweetness.
5. Pour into a glass and serve immediately, or refrigerate for up to 1 hour.

## 65. Easy Walnut Tofu Burgers (Protein-Packed)

15 Serves 8

### INGREDIENTS

10 1/2 oz (297 g) silken tofu, well drained  
1 cup walnuts, finely chopped  
1/4 cup sunflower seeds  
1/4 cup scallions (green onions), finely chopped  
2 tablespoons tamari or soy sauce  
2 tablespoons nutritional yeast flakes  
1/2 teaspoon dried basil  
2 cups herb stuffing mix, crumbled (not whole cubes)

### INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard baking sheet with parchment paper. Drain silken tofu thoroughly by wrapping in a clean kitchen towel and pressing gently to remove excess liquid.
2. In a large bowl, mash drained tofu until smooth. Add walnuts, sunflower seeds, scallions, tamari, nutritional yeast, and basil. Mix well.
3. Stir in the crumbled herb stuffing mix. The mixture should hold together when pressed; if too wet, add another 2–3 tablespoons of stuffing mix. If too dry, add 1 tablespoon of water.
4. With damp hands, shape the mixture into 8 equal patties, each about 3/4 inch thick. Place on the prepared baking sheet.
5. Bake at 375°F (190°C) for 15 minutes, flip carefully, and bake another 12–15 minutes until both sides are firm and golden brown. Serve on buns or with a green salad.

## 66. Easy Vegan Tofu Quinoa Burgers (Herbsed)

20 Serves 6

### INGREDIENTS

480 g (17 oz) firm tofu, pressed and drained  
3/8 cup (70 g) uncooked quinoa  
3/4 cup cooked quinoa water or vegetable broth (for cooking quinoa)  
3/4 cup ground flax seeds  
6 tablespoons soy sauce  
1 teaspoon olive oil  
3 tablespoons finely chopped onion  
1/4 teaspoon dried dill  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
1 dash dried marjoram  
1/8 teaspoon kosher salt

### INSTRUCTIONS

1. Rinse quinoa under cold water, then cook in 3/4 cup water or broth over medium heat for 12–15 minutes until absorbed and tender. Let cool slightly.
2. Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.
3. Press tofu for at least 15 minutes, then crumble into a large bowl using your hands until no large chunks remain.
4. Add cooked quinoa, ground flax seeds, soy sauce, olive oil, chopped onion, dill, black pepper, garlic powder, marjoram, and salt to the crumbled tofu. Mix thoroughly until a uniform dough forms that holds together when pressed.
5. Divide mixture into 6 equal portions and shape each into a firm patty about 3/4 inch thick. Place on the prepared baking sheet.
6. Bake for 12–13 minutes, flip each patty carefully, then bake for another 12–13 minutes until firm and golden on both sides. Serve on buns or lettuce wraps.

## 67. The Best Vegan Tacos Ever (Crispy Tofu)

15 Serves 4

### INGREDIENTS

3 tablespoons extra virgin olive oil, divided

1 can (15 oz) chickpeas, drained, rinsed, and patted dry

2 cups cauliflower florets, cut into small pieces

2 medium carrots, peeled and diced

1 medium white onion, diced

1½ teaspoons Pimenton de la Vera (Spanish smoked paprika)

½ teaspoon cayenne powder

1 teaspoon ground cumin

½ teaspoon ground fennel seed

1 teaspoon sea salt

1 cup cherry tomatoes, halved

3 cloves garlic, minced

8 to 10 small corn tortillas

3 tomatillos, husked and diced

½ Persian cucumber, finely diced

4 radishes, thinly sliced

1 small shallot or ¼ red onion, finely diced

1 serrano chile, deseeded and minced

¼ cup fresh cilantro, chopped

2 tablespoons fresh lime juice

2 ripe avocados, sliced or mashed

1 cup shredded green or red cabbage

### INSTRUCTIONS

1. Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment. Spread chickpeas, cauliflower, carrots, and onion on the sheet. Drizzle with 2 tablespoons olive oil, then sprinkle with smoked paprika, cayenne, cumin, fennel, and salt. Toss to coat and spread into a single layer.
2. Roast for 20 minutes. Add cherry tomatoes and minced garlic to the pan, toss gently, and roast for a further 15 to 20 minutes until the chickpeas are crispy and the vegetables are caramelized at the edges.
3. While the filling roasts, make the salsa: combine tomatillos, cucumber, radishes, shallot, serrano chile, cilantro, and lime juice in a bowl. Season with a pinch of salt and stir. Set aside.
4. Warm corn tortillas directly over a gas burner for 30 seconds per side, or in a dry skillet over medium-high heat. Keep wrapped in a clean towel.
5. Assemble tacos: spoon roasted filling into each tortilla, top with salsa, avocado, and shredded cabbage. Drizzle with remaining 1 tablespoon olive oil if desired. Serve immediately.

## 68. Best Tofu & Bok Choy Summer Rolls (Easy)

20 Serves 4

### INGREDIENTS

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

12 baby corn cobs, halved lengthwise

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

5 oz (140g) bean sprouts

1/3 cup sweet chili sauce, divided

1 tablespoon soy sauce

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

Warm water for softening rice paper

### INSTRUCTIONS

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

# What Comes Next?

You made it through 30 days. Here is how to keep going.

## **KEEP THE MEALS YOU LIKED**

By now you have 20–30 recipes you know you enjoy. Write down your top 10. Those become your rotation going forward. You do not need to reinvent every week.

## **TRY ONE NEW RECIPE PER WEEK**

Keep your base meals the same and add one new recipe each week. Over a few months you will build a collection of 40–50 meals without any pressure.

## **STOCK YOUR FREEZER**

Double any soup, stew, or chili recipe and freeze half. After a few weeks you will have 5–10 frozen meals ready for nights when you do not feel like cooking.

## **EXPLORE THE VEGANPREPS PDF VAULT**

This guide is one of 27 free guides in the VeganPreps PDF Vault. Browse meal plans, cheat sheets, printable planners, and more at [veganpreps.com/free-vegan-meal-prep-cookbooks/](https://veganpreps.com/free-vegan-meal-prep-cookbooks/)

## **DO NOT AIM FOR PERFECTION**

Eating plant-based 90% of the time has almost the same health and environmental impact as 100%. If you have a non-vegan meal at a restaurant or family dinner, that is fine. Consistency matters more than perfection.

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