

7-Day High-Protein Vegan Gluten-Free Meal Plan

Day 1

Breakfast: Tofu Scramble with Veggies

- 1/2 block firm tofu
- 1/2 cup bell peppers
- 1/4 cup onions
- 1/2 cup spinach
- 1 tbsp nutritional yeast
- Spices: turmeric, salt, pepper

Protein: 22g

Lunch: Quinoa-Black Bean Salad

- 1/2 cup cooked quinoa
- 1/2 cup black beans
- 1/4 cup corn
- Cherry tomatoes
- Lime dressing

Protein: 18g

Lime dressing:

- 2 TBSP lime juice
- 1 TBSP olive oil
- 1TSP maple syrup (optional for balance)
- 1 clove garlic (powder or minced)
- 1/2 TSP cumin
- salt n pep to taste

Snack: Almond Butter Apple Slices + Protein Shake

- 1 medium apple

- 1 tbsp almond butter
- 1 scoop vegan protein with water

Protein: 26g

Dinner: Lentil & Sweet Potato Curry

- 1/2 cup cooked lentils
- 1/2 cup sweet potato
- 1/4 cup coconut milk
- Spices and greens

Protein: 20g

Macros: 1350 cal | 86g protein | 125g carbs | 45g fat

Day 2

Breakfast: Overnight Oats with Protein Boost

- 1/2 cup gluten-free oats
- 1 scoop vanilla pea protein
- 1 tbsp chia seeds
- 3/4 cup almond milk
- 1/4 cup berries

Protein: 25g

Lunch: Chickpea-Tempeh Power Bowl

- 1/2 cup roasted chickpeas
- 1/2 cup grilled tempeh
- 1/2 cup steamed kale
- 1/2 cup sweet potato cubes
- Tahini drizzle

Protein: 26g

Snack: Edamame + Pumpkin Seeds

- 1/2 cup shelled edamame
- 1 tbsp pumpkin seeds

Protein: 17g

Dinner: Stuffed Bell Peppers

- 1 large bell pepper
- 1/2 cup cooked lentils
- 1/4 cup cooked quinoa
- 1/4 cup mushrooms
- 1/4 cup spinach
- Nutritional yeast

Protein: 20g

Macros: 1350–1400 cal | 88g protein | 115g carbs | 50g fat

Day 3

Breakfast: Protein Smoothie Bowl

- 1 scoop pea protein
- 1/2 frozen banana
- 1 tbsp almond butter
- 1/2 cup frozen blueberries
- 1/2 cup almond milk
- Toppings: hemp seeds, coconut yogurt

Protein: 26g

Lunch: Lentil Walnut Taco Bowl

- 3/4 cup cooked lentils
- 2 tbsp crushed walnuts
- Salsa, avocado, romaine
- 1/2 cup brown rice

Protein: 24g

Snack: Hummus & Veggies + Protein Shake

- 1/2 cup hummus
- Carrot, cucumber, celery sticks

- 1 scoop protein in water

Protein: 20g

Dinner: Tofu Stir-Fry with Quinoa

- 1/2 block tofu
- 1 cup mixed veggies
- 1/2 cup cooked quinoa
- Tamari-ginger sauce

Protein: 22g

Macros: 1400 cal | 90g protein | 120g carbs | 48g fat

Day 4

Breakfast: Protein Chia Pudding

- 2 tbsp chia seeds
- 3/4 cup almond milk
- 1 scoop protein powder
- 1/4 cup mixed berries

Protein: 25g

Lunch: Tempeh Wrap (Lettuce or GF tortilla)

- 1/2 cup sliced tempeh

- Lettuce or gluten-free wrap
- Tomato, cucumber, tahini

Protein: 22g

Snack: Roasted Chickpeas + Protein Shake

- 1/2 cup roasted chickpeas
- 1 scoop protein in water

Protein: 25g

Dinner: Stuffed Acorn Squash with Quinoa & Lentils

- 1/2 acorn squash
- 1/4 cup quinoa
- 1/4 cup lentils
- Spinach, garlic, nutritional yeast

Protein: 20g

Macros: 1400 cal | 92g protein | 130g carbs | 48g fat

Day 5

Breakfast: Peanut Butter Protein Oats

- 1/2 cup oats
- 1 scoop protein powder

- 1 tbsp peanut butter
- 1/4 banana

Protein: 25g

Lunch: Tofu & Kale Caesar Salad

- 1/2 block tofu
- 1 cup kale
- Vegan Caesar dressing
- 1 tbsp hemp seeds

Protein: 24g

Snack: Protein Bar or Shake

- 1 vegan protein bar or shake

Protein: 20g

Dinner: Black Bean & Sweet Potato Bowl

- 1/2 cup black beans
- 1/2 cup sweet potato
- Brown rice
- Avocado, salsa

Protein: 22g

Macros: 1380 cal | 91g protein | 118g carbs | 50g fat

Day 6

Breakfast: Vegan Yogurt Parfait with Protein

- 1/2 cup coconut yogurt
- 1 scoop protein powder
- 1/4 cup berries
- 1 tbsp flaxseeds

Protein: 25g

Lunch: Lentil-Quinoa Tabbouleh

- 1/4 cup quinoa
- 1/4 cup lentils
- Cucumber, tomato, parsley
- Lemon juice

Protein: 22g

Snack: Trail Mix + Protein Shake

- 1/4 cup trail mix
- 1 scoop protein in water

Protein: 20g

Dinner: Zucchini Noodles with Tofu Bolognese

- Zucchini spirals
- 1/2 block tofu
- Tomato sauce, garlic, herbs

Protein: 23g

Macros: 1370 cal | 90g protein | 120g carbs | 48g fat

Day 7

Breakfast: Vegan Protein Pancakes

- 1/3 cup GF flour
- 1 scoop protein powder
- Flax egg
- Almond milk
- Berries on top

Protein: 24g

Lunch: Asian-Inspired Edamame Stir-Fry

- 1/2 cup shelled edamame
- Mixed veggies
- Tamari sauce
- 1/2 cup brown rice

Protein: 22g

Snack: Celery with Peanut Butter + Protein Shake

- 3 stalks celery
- 1 tbsp peanut butter
- 1 scoop protein in water

Protein: 20g

Dinner: Mushroom-Lentil Shepherd's Pie

- 1/2 cup lentils
- 1/4 cup mushrooms
- Mashed cauliflower topping
- Herbs

Protein: 22g

Macros: 1350 cal | 88g protein | 115g carbs | 45g fat