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# High Protein Vegan Diet for Seniors

Strong Muscles, Lasting Energy & Better Health, With Easy Plant-Based Recipes for Weight and Blood Sugar Balance.

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While the author has made every effort to ensure the accuracy of the information presented, individual nutritional needs can vary based on age, health status, medications, and existing medical conditions. Always consult with a qualified healthcare professional, registered dietitian, or physician before making significant changes to your diet, especially if you have a medical condition such as diabetes, heart disease, kidney disease, or are taking prescribed medications.

The recipes and dietary suggestions in this book are not intended to replace professional medical advice. The author and publisher assume no responsibility for any adverse effects or consequences resulting from the use or application of the information contained in this book.



# Welcome

Welcome, and thank you for choosing **High Protein Vegan Diet for Seniors**. I'm so glad you're here. This book was created to help you enjoy nourishing, plant-based meals that support strength, energy, and overall well-being as you age. You don't need complicated recipes or hard-to-find ingredients, just simple, balanced food that works with your body and fits your daily life. Inside, you'll find

delicious recipes made with everyday ingredients, along with clear explanations of their health benefits and helpful tips for cooking, storage, and food pairing. Everything is designed to help you feel confident in the kitchen and supported in your health goals.

Whether you are new to vegan eating or simply looking for gentle, protein-rich meals, this book is here to guide and encourage you.

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# PROTEIN NEEDS AFTER 60

Why Protein Needs Change After 60  
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Senior-Friendly Vegan Grocery List  
Troubleshooting Common Vegan Meal Mistakes

## Why Protein Needs Change After 60

As we age, our bodies change, but needing less nourishment is not one of them. In fact, after the age of 60, the body often needs **more protein**, not less, to stay strong, energized, and resilient.

One of the most important changes that happens with aging is a gradual loss of muscle mass, a process known as **age-related muscle loss**. This can begin as early as our 40s and accelerates after 60. Less muscle doesn't just affect strength, it can influence balance, mobility, metabolism, and even independence.

Protein plays a key role in slowing this process. It provides the building blocks your body uses to repair tissues, maintain muscle, support immune health, and recover from everyday activities like walking, lifting groceries, or getting up from a chair.

After 60, the body doesn't use protein as efficiently as it once did. This means that even if you're eating the same amount of protein you always have, your muscles may not be getting what they need.

Several factors contribute to this:

- Reduced muscle sensitivity to protein;
- Lower physical activity levels;
- Changes in digestion and appetite;
- Chronic inflammation or health conditions;

Because of this, many older adults need **higher-quality protein, spaced consistently throughout the day**, rather than small or irregular amounts.

Protein isn't just about muscles, it also helps stabilize blood sugar, support steady energy levels, and reduce fatigue. For seniors, especially those concerned about weight or blood sugar balance, adequate protein at meals can help prevent energy crashes and excessive hunger later in the day.

When meals are too low in protein, the body may break down muscle tissue for fuel, which can worsen weakness and slow metabolism over time.

There's a common belief that plant-based diets can't provide enough protein for older adults, but this simply isn't true. When chosen thoughtfully, plant-based protein sources such as legumes, tofu, tempeh, whole grains, nuts, and seeds can fully support muscle health and vitality.

The key is intentional protein intake, including enough protein at each meal and choosing foods that are both nourishing and easy to digest.

After 60, protein is no longer just a nutrient, it's a foundation for healthy aging. Getting enough protein can help you: maintain strength and mobility; support healthy weight and metabolism; improve balance and reduce fall risk and feel more energized and capable in daily life.

# Low Protein Warning Signs

1

## Loss of Strength or Muscle Tone

One of the earliest signs of inadequate protein intake is a gradual loss of strength. You may notice difficulty lifting objects, standing up from a seated position, or feeling less steady when walking. When the body doesn't receive enough protein, it may break down muscle tissue to meet basic needs. Over time, this can lead to reduced muscle tone, weakness, and decreased mobility.

2

## Fatigue and Low Energy

Persistent tiredness, even after adequate rest, can be linked to low protein intake. Protein helps support steady energy levels by stabilizing blood sugar and maintaining lean muscle mass, which plays a role in overall metabolism. Meals that are too low in protein may lead to energy dips shortly after eating, especially for those managing blood sugar concerns.

3

## Increased Hunger or Cravings

Protein contributes significantly to satiety the feeling of fullness after a meal. When meals lack sufficient protein, you may feel hungry soon after eating or experience frequent cravings, particularly for carbohydrates or sweets. This pattern can make weight management more difficult and may contribute to blood sugar fluctuations throughout the day.

4

## Slow Recovery and Physical Discomfort

If your body feels slow to recover after everyday activities, such as walking, gardening, or light exercise, protein intake may be part of the picture. Protein supports tissue repair and muscle recovery, even from routine movement. Ongoing stiffness or prolonged soreness can sometimes reflect insufficient dietary protein to support normal repair processes.

5

## Changes in Hair, Skin, or Nails

Protein plays a role in maintaining healthy hair, skin, and nails. Brittle nails, thinning hair, or slow-growing nails may be signs that your body is prioritizing essential functions over appearance due to limited protein availability. While these changes can have many causes, they may signal the need to review overall nutrition, including protein intake.

## 6

### Frequent Illness or Slower Healing

Protein is essential for immune function and wound healing. If you notice that minor cuts take longer to heal or you seem to get sick more often, inadequate protein may be one contributing factor. The immune system relies on protein to produce antibodies and repair tissues, making consistent intake especially important with age.

## 7

### Listening to Your Body Without Alarm

Experiencing one or more of these signs does not mean something is “wrong.” It simply means your body may be asking for better nourishment. Small changes, such as adding a protein-rich plant food to each meal can make a meaningful difference over time. This book will guide you in recognizing your needs and meeting them with simple, balanced, plant-based meals that support strength, energy, and healthy aging.

## Vegan Protein That Works

This is one of the most common and understandable questions people ask when considering a vegan diet, especially later in life. The idea that protein must come from animal foods is deeply ingrained, and it can create unnecessary worry. The truth is reassuring: **a well-planned vegan diet can fully meet protein needs at any age**, including after 60.

Protein is not exclusive to meat, fish, eggs, or dairy. It is found in a wide variety of plant foods, many of which are staples in traditional diets around the world. Beans, lentils, chickpeas, tofu, tempeh, edamame, whole grains, nuts, seeds, and vegetables all contribute meaningful amounts of protein when eaten regularly and intentionally.

Plant-based proteins also come with important advantages. They are naturally rich in fiber, antioxidants, and beneficial plant compounds that support heart health, digestion, and metabolic function. Many seniors find that plant-based meals feel lighter and easier to digest while still being satisfying.

A common misconception is that plant proteins must be carefully combined at every meal to be effective. In reality, the body is very capable of using amino acids from a variety of plant foods over the course of the day. Eating a balanced, varied diet provides everything the body needs without complicated rules.

The risk of inadequate protein does not come from vegan eating itself, it comes from meals that lack intention. Diets centered mainly on refined grains, sweets, or vegetables without protein-rich foods may fall short. This book is designed to prevent that by placing protein at the center of every meal, using simple, familiar plant foods.

With thoughtful planning and practical guidance, a vegan diet can be **protein-sufficient, nourishing, and well-suited to the needs of aging bodies**. The recipes and meal ideas in this book are built to make meeting your protein needs feel natural, enjoyable, and sustainable.

## Why This Book

This book is designed to make high-protein vegan eating both simple and enjoyable, especially for older adults who want nourishing meals without complicated preparation or hard-to-find ingredients.

Inside, you'll find easy, flavorful recipes made with everyday foods ingredients you can recognize, afford, and use confidently. Each recipe is thoughtfully balanced to support strength, energy, and overall well-being while remaining comforting and satisfying.

To help you get the most from every meal, each recipe includes clear explanations of its health benefits, showing how the ingredients support muscle health, blood sugar balance, digestion, and long-term vitality. You'll also find practical tips for cooking, storage, and food pairing, so meals are easier to prepare, last longer, and work well together throughout the day.

This book doesn't require perfection, special equipment, or advanced cooking skills. Instead, it offers guidance you can actually use whether you're cooking for one, adjusting your appetite, or building simple routines that support healthy aging.

**Realistic, Senior-Friendly Vegan Recipes** - Every recipe is designed with seniors in mind:

- Easy to chew and digest
- Balanced for blood sugar support
- Moderate in calories but rich in protein
- Made with familiar, affordable ingredients

No complicated prep, no specialty powders required just nourishing meals that fit real life.

**Clear Protein Guidance for Aging Bodies** - this book explains how much protein you really need, when to eat it, and how to spread it across meals to support muscle, bone health, and metabolism using simple, plant-based foods.

# Protein Targets Per Meal

Meeting your protein needs as a senior isn't about eating large portions or complicated meals. It's about **including a meaningful amount of protein at each meal**, in a way that feels satisfying, balanced, and easy to digest.

While individual needs vary based on body size, activity level, and health status, many older adults benefit from aiming for approximately:

- **20–30 grams of protein per main meal**
- **10–15 grams of protein for snacks or small meals**

These targets help ensure that protein intake is spread evenly across the day, rather than concentrated in one meal.

You don't need to hit a precise number at every meal. What matters most is **consistency over time**. Some meals will naturally be higher in protein than others, and that's okay.

One of the most common concerns about plant-based eating is whether the body can properly use protein from plants. You may have heard that plant proteins need to be “combined” in a precise way to be effective.

Proteins are made up of building blocks called amino acids. Some foods contain more of certain amino acids than others, which is why plant proteins are often described as “complementary.”

What matters most is not combining specific foods in one exact meal, but **eating a variety of protein-rich plant foods over the course of the day**. Your body naturally pools amino acids and uses them as needed.

While precise combinations are unnecessary, certain pairings naturally work well together and help increase overall protein intake without large portions.

Simple examples include: *Legumes paired with whole grains; soy foods combined with vegetables and healthy fats; nuts or seeds added to meals that already contain legumes or grains.*

Plant-based eating does not require nutritional precision or complicated rules. A varied, balanced vegan diet provides all the amino acids your body needs when meals include: *A dependable protein source; whole, minimally processed foods; regular, consistent meals.*

# Senior-Friendly Vegan Grocery List

Eating a high-protein vegan diet doesn't have to be complicated or expensive. With a few thoughtful staples, you can build meals that are nourishing, easy to prepare, and packed with protein, fiber, and essential nutrients. This grocery list is designed with seniors in mind, foods that are **accessible, easy to digest, and versatile**.

**Protein-Rich Plant Foods** - Focus on foods that provide the protein your muscles and metabolism need:

- **Legumes:** lentils, chickpeas, black beans, kidney beans, navy beans, split peas;
- **Soy Foods:** tofu, tempeh, edamame, soy milk (unsweetened, fortified);
- **Seitan:** wheat-based protein for those who tolerate gluten;
- **Plant-Based Protein Powders:** pea, soy, rice, or mixed blends (optional for smoothies);
- **Nuts & Seeds:** almonds, walnuts, pistachios, chia seeds, hemp seeds, pumpkin seeds, sunflower seeds;
- **Nut & Seed Butters:** peanut, almond, tahini;

**Whole Grains** - Grains provide both protein and energy while supporting digestion and heart health:

- Brown rice, quinoa, bulgur, barley;
- Oats (rolled or steel-cut);
- Whole-grain breads and pasta;
- Millet, amaranth, or farro;

**Vegetables** - Vegetables provide fiber, antioxidants, and some protein:

- **Leafy greens:** spinach, kale, swiss chard, collard greens;
- **Cruciferous vegetables:** broccoli, cauliflower, Brussels sprouts;
- Peas, green beans, zucchini, bell peppers, carrots;
- Sweet potatoes and winter squash (starchy vegetables with vitamins);

**Fruits** - Fruits provide vitamins, minerals, and fiber:

- **Berries:** blueberries, raspberries, strawberries, blackberries;
- **Citrus:** oranges, grapefruit, lemons, limes;
- Bananas, apples, pears;
- Melons and grapes;

### Healthy Fats - Fats support heart health and help with nutrient absorption:

- Olive oil, avocado oil, coconut oil (in moderation);
- Avocados;
- Nuts and seeds (also protein sources);

### Flavor Enhancers & Condiments - To make meals delicious and satisfying:

- Low-sodium soy sauce or tamari;
- Nutritional yeast (adds cheesy flavor + protein);
- **Herbs:** parsley, cilantro, basil, dill;
- **Spices:** turmeric, cumin, paprika, cinnamon, black pepper;
- Lemon juice, vinegar, garlic, ginger;

### Pantry Staples - For convenience and quick meal prep:

- Canned beans and lentils;
- Canned tomatoes;
- Vegetable broth;
- Whole-grain flours (for baking or pancakes);
- Rolled oats and seeds for snacks or breakfast;

### Practical Tips

- **Choose frozen or pre-chopped vegetables** to save time and reduce fatigue.
- **Keep shelf-stable protein sources** (beans, lentils, soy milk) handy for busy days.
- **Batch cook and freeze portions** to make mealtime easier and less stressful.
- **Rotate protein sources** to keep meals interesting and nutritionally balanced.

Some vegan foods, especially convenience products, can be high in added oils, sugars, or starches. While protein is important, also check: *Total calories per serving*, *Added sugars (keep low for blood sugar control)*, and *Saturated fats (from coconut oil or fried products)*.

Marketing labels can be misleading. Terms like “**high protein**” or “**protein-packed**” don’t always mean the serving actually provides enough protein for your needs. Always check the nutrition facts panel for the grams per serving.

# Troubleshooting Common Meal Mistakes

Eating a vegan diet can be very nourishing at any age, but small planning mistakes may lead to meals that feel unsatisfying, low in energy, or unbalanced. The good news is that these issues are easy to fix once you know what to look for.

**NOT INCLUDING A PROTEIN SOURCE AT EVERY MEAL**

**The issue:** Many plant-based meals focus heavily on vegetables or grains but lack a clear protein source. Over time, this can lead to fatigue, muscle loss, or constant hunger.

**Simple fix:** Make protein the anchor of each meal. Include foods such as beans, lentils, tofu, tempeh, soy yogurt, quinoa, or chickpeas, aiming for a visible protein portion every time you eat.

**RELYING TOO HEAVILY ON REFINED CARBOHYDRATES**

**The issue:** White bread, pasta, crackers, or sweet snacks may feel convenient but can cause blood sugar spikes and quick energy crashes.

**Simple fix:** Pair carbohydrates with protein and fiber. Choose whole grains when possible and always combine them with legumes, tofu, or nuts to slow digestion and support steady energy.

**EATING TOO LITTLE OVERALL**

**The issue:** Plant-based foods are often high in volume but lower in calories, which can make it easy to undereat, especially when appetite is lower with age.

**Simple fix:** Include calorie-dense, nourishing foods such as nut butters, tahini, olive oil, avocado, and soy products. Smaller portions with more nutrition can be easier to manage.

### SKIPPING MEALS OR PROTEIN AT BREAKFAST

**The issue:**

Starting the day without enough protein can lead to weakness, cravings, and poor muscle support.

**Simple fix:**

Aim for a protein-rich breakfast using tofu, soy milk, chickpea flour, oats with nut butter, or vegan yogurt with seeds.

### DEPENDING TOO MUCH ON ULTRA-PROCESSED VEGAN FOODS

**The issue:**

Packaged vegan meats and snacks can be convenient but are often high in sodium and low in overall nourishment.

**Simple fix:**

Use these foods occasionally, not daily. Build most meals around whole or minimally processed ingredients for better digestion and long-term health.

### FORGETTING HEALTHY FATS

**The issue:**

Very low-fat meals can feel unsatisfying and may reduce absorption of important nutrients.

**Simple fix:**

Add small amounts of healthy fats such as olive oil, nuts, seeds, or avocado to meals for fullness and nutrient absorption.

**Not Adjusting Portions With Age** - Eating the same way you did earlier in life may no longer meet your body's changing needs. Focus on **protein density rather than volume**, moderate portions with higher protein concentration work better for seniors.

# BREAKFAST

Creamy Peanut Butter Banana Oatmeal  
Chia Pudding with Soy Milk and Berries  
Avocado Toast with Hemp Seeds and White Beans  
Rice Cakes with Hummus & Soft Avocado  
Quinoa Breakfast Bowl with Almonds and Cinnamon  
Chickpea Flour Veggie Pancakes  
Overnight Oats with Soy Yogurt  
Warm Buckwheat Porridge with Walnuts  
Chickpea Toast Spread with Lemon and Tahini  
Vegan Yogurt Parfait with Seeds  
Tofu and Sweet Potato Breakfast Hash  
Tempeh Breakfast Crumble with Soft Vegetables  
Tofu Scramble with Spinach and Mushrooms  
Mung Bean Egg-Free Omelet with Herbs  
Tofu Cottage-Style Bowl with Tomatoes and Chives  
Vanilla Protein Millet Pudding  
Rice Porridge with Soy Milk and Peanut Butter  
Polenta Bowl with Tofu Crumbles  
Savory Lentil Breakfast Waffles  
High-Protein Buckwheat Pancakes





## Peanut Butter Banana Oatmeal



**Prep**  
5 Mins



**Time**  
10 Mins



**Servings**  
1



**Level**  
Easy

A satisfying mix of protein, fiber, and healthy fats helps control appetite and reduce mid-morning cravings. Fiber from oats, banana, and flaxseed slows digestion and helps prevent energy crashes. Soy milk, peanut butter, and oats provide high-quality plant protein ideal for aging muscles. Naturally cholesterol-free and rich in beneficial fats.

### INGREDIENTS

½ cup rolled oats  
1 cup unsweetened soy milk  
1 small ripe banana, sliced  
1 tablespoon peanut butter  
1 tablespoon ground flaxseed  
½ teaspoon cinnamon  
Pinch of salt (optional)

### DIRECTIONS

**1. Combine** oats, soy milk, cinnamon, and salt. **2. Cook** for 5–7 minutes over medium heat, until oats are soft and creamy. **3. Stir** in peanut butter and ground flaxseed until fully blended. **4. Remove** from heat and top with sliced banana.

**TIPS:** If digestion is sensitive, cook oats a minute longer. Best enjoyed fresh, but leftovers can be stored in the refrigerator for up to 2 days. Reheat gently on the stovetop or microwave with a splash of soy milk.

**CALORIES: 380**

**PROTEIN: 17g**

**CARBS: 45g**

**FAT: 16g**

**FIBER: 9g**



## Chia Pudding with Soy Milk and Berries



**Prep**  
5 Mins



**Time**  
2 Hours



**Servings**  
1



**Level**  
Easy

The combination of protein, fiber, and healthy fats helps slow digestion and prevent spikes. Soy milk provides complete plant protein to help meet increased protein needs with age. Chia seeds are rich in fiber, supporting regular digestion and gut health. Cholesterol-free and rich in omega-3 fatty acids, ideal for mornings with low energy.

### INGREDIENTS

3 tablespoons chia seeds  
1 cup soy milk  
½ cup mixed berries  
1 tablespoon chopped almonds or walnuts  
½ teaspoon vanilla extract  
Pinch of cinnamon

### DIRECTIONS

**1. Combine** chia seeds and soy milk in a bowl. **2. Add** vanilla and cinnamon if using. **3. Cover** and refrigerate for at least 2 hours or overnight. **4. Stir** again before serving. **5. Top** with berries and nuts just before eating.

**TIPS:** Stir the pudding once after 10 minutes to prevent clumping. Store covered in the refrigerator for up to 3 days. add a splash of soy milk before serving. Ideal for preparing several servings at once.

**CALORIES: 320**

**PROTEIN: 16g**

**CARBS: 28g**

**FAT: 14g**

**FIBER: 13g**

## Avocado Toast with Hemp Seeds and White Beans

 **Prep** 5 Mins  **Time** 5 Mins  **Servings** 1  **Level** Easy

This breakfast combines plant protein from white beans and hemp seeds with healthy fats from avocado, helping support muscle maintenance and long-lasting fullness. The fiber-rich combination supports heart health, digestion, and steady blood sugar levels, making it a balanced and satisfying way to start the day.



### INGREDIENTS

1 slice whole-grain or sprouted bread  
¼ ripe avocado  
¼ cup cooked white beans  
1 tablespoon hemp seeds  
1 teaspoon olive oil  
Pinch of salt, black pepper  
**Optional:** lemon juice, parsley, or mild chili flakes

### DIRECTIONS

1. Toast the bread until lightly crisp. 2. Mash avocado with white beans, olive oil, salt, and pepper in a bowl. 3. Spread the mixture evenly over the warm toast. 4. Sprinkle with hemp seeds and add lemon juice or herbs if desired. Serve warm.

**TIPS:** Store the mashed bean-avocado mixture in the fridge for up to 24 hours (cover tightly). Use pumpkin seeds instead of hemp seeds. Add thin slices of baked tofu on top.

**CALORIES: 300**

**PROTEIN: 14g**

**CARBS: 30g**

**FAT: 16g**

**FIBER: 9g**

## Rice Cakes with Hummus & Soft Avocado

 **Prep** 5 Mins  **Time** 0 Mins  **Servings** 1  **Level** Easy

Hummus provides plant-based protein and fiber that help support muscle health and steady energy, while avocado adds heart-healthy fats that promote fullness and nutrient absorption. This balanced combination supports blood sugar control, digestion, and appetite regulation.



### INGREDIENTS

2 plain brown rice cakes  
¼ cup hummus  
¼ ripe avocado, sliced/mashed  
1 teaspoon olive oil  
Pinch of salt, black pepper  
**Optional toppings:** chopped parsley, lemon juice, sesame seeds, or mild paprika

### DIRECTIONS

1. Place rice cakes on a plate. 2. Spread hummus evenly over each rice cake. 3. Top with soft avocado slices or gently mashed avocado. 4. Drizzle lightly with olive oil, season with salt, pepper, and optional toppings. 5. Serve immediately.

**TIPS:** Use low-sodium hummus to support heart health. Mashed avocado keeps best with a squeeze of lemon and tight covering for up to 24 hours. Pair with herbal tea or warm plant milk for gentle digestion.

**CALORIES: 290**

**PROTEIN: 12g**

**CARBS: 32g**

**FAT: 14g**

**FIBER: 7g**



## Quinoa Breakfast Bowl with Almonds and Cinnamon



**Prep**  
5 Mins



**Time**  
15 Mins



**Servings**  
1



**Level**  
Easy

Quinoa is a complete plant protein, providing all essential amino acids to support muscle maintenance. Almonds and seeds add healthy fats and extra protein, helping keep you full longer. Cinnamon may help support healthy blood sugar levels, while the fiber content promotes digestion and heart health.

### INGREDIENTS

½ cup cooked quinoa or ¼ cup dry quinoa  
¾ cup soy milk or almond milk  
1 tablespoon chopped almonds  
¼ teaspoon cinnamon  
1 teaspoon maple syrup  
1 tablespoon chia / hemp seeds  
**Optional toppings:** sliced banana, soft stewed apples, or berries

### DIRECTIONS

1. **Combine** cooked quinoa and plant milk in a small saucepan, heat gently for 3–5 minutes until warm. 2. **Stir** in cinnamon and optional sweetener. 3. **Transfer** to a bowl and top with chopped almonds and optional seeds and fruit. Serve warm.

**TIPS:** Cooked quinoa keeps in the refrigerator for 4–5 days in an airtight container. Reheat with a splash of plant milk to restore creaminess. Freeze cooked quinoa in single portions for up to 2 months. Enjoy with a handful of walnuts for extra omega-3 fats.

**CALORIES: 320**

**PROTEIN: 13g**

**CARBS: 42g**

**FAT: 11g**

**FIBER: 7g**



## Chickpea Flour Veggie Pancakes



**Prep**  
10 Mins



**Time**  
10 Mins



**Servings**  
2



**Level**  
Easy

Chickpea flour provides high-quality plant protein and fiber, helping support muscle maintenance and fullness. Vegetables add antioxidants and micronutrients, while spices enhance digestion and reduce inflammation. This balanced meal supports steady blood sugar and appetite control, ideal for weight and metabolic health.

### INGREDIENTS

½ cup chickpea flour  
½ cup water or soy milk  
2 tablespoons grated zucchini or carrot  
1 tablespoon chopped onion  
1 tablespoon chopped parsley  
¼ teaspoon turmeric (optional)  
¼ teaspoon ground cumin  
Pinch of salt, black pepper  
1 teaspoon olive oil

### DIRECTIONS

1. **Whisk** chickpea flour with water or soy milk until smooth. 2. **Stir** in grated vegetables, herbs, spices, salt, and pepper. Let batter rest for 2–3 minutes to thicken. 3. **Heat** a nonstick pan, pour batter to form 2 small pancakes. 4. **Cook** 3–4 minutes per side until lightly golden. Serve warm.

**TIPS:** Grate vegetables very finely for a softer texture. Store cooked pancakes in the refrigerator for 3–4 days in an airtight container. Freeze pancakes with parchment between layers for up to 2 months.

**CALORIES: 290**

**PROTEIN: 15g**

**CARBS: 34g**

**FAT: 10g**

**FIBER: 6g**

## Overnight Oats with Soy Yogurt



**Prep**  
5 Mins



**Time**  
4 Hours



**Servings**  
1



**Level**  
Easy

This creamy overnight oats snack provides slow-digesting carbohydrates and high-quality plant protein, helping maintain steady energy and muscle health. Soy yogurt offers probiotics for gut health, while chia seeds add omega-3s that support heart and brain function. The soft, moist texture makes it easy to eat and digest. **Key Nutrients:** Calcium, iron, omega-3 fatty acids, probiotics.



### INGREDIENTS

½ cup rolled oats  
½ cup unsweetened soy yogurt  
2 tablespoons soy milk  
1 tablespoon chia seeds  
1 tablespoon almond butter or peanut butter  
½ teaspoon cinnamon or vanilla extract  
1–2 teaspoons maple syrup  
**Optional toppings:** soft berries, sliced banana, chopped nuts

### DIRECTIONS

**1. Combine** oats, soy yogurt, soy milk, chia seeds, nut butter, and cinnamon or vanilla in a bowl and stir well. **2. Cover** and refrigerate for at least 4 hours or overnight. **3. Before eating**, stir and add toppings if desired.

**TIPS:** Store in the refrigerator for up to 3–4 days in a sealed container. Add a sprinkle of walnuts or almonds for extra healthy fats. Blend briefly if a completely smooth consistency is preferred.

**CALORIES: 330**

**PROTEIN: 20g**

**CARBS: 40g**

**FAT: 14g**

**FIBER: 10g**

## Warm Buckwheat Porridge with Walnuts



**Prep**  
5 Mins



**Time**  
15 Mins



**Servings**  
2



**Level**  
Easy

Buckwheat is a naturally gluten-free whole grain rich in plant protein and antioxidants that support heart health and reduce inflammation. Walnuts provide healthy omega-3 fats that support brain and cardiovascular function, while soy milk adds complete plant protein and calcium. **Key Nutrients:** Magnesium, manganese, antioxidants, omega-3 fatty acids.



### INGREDIENTS

½ cup hulled buckwheat groats  
1 cup unsweetened soy milk  
½ cup water  
2 tablespoons chopped walnuts  
1 teaspoon flaxseed or chia  
½ teaspoon cinnamon  
1–2 teaspoons maple syrup  
Pinch of salt  
**Toppings:** soft pear slices

### DIRECTIONS

**1. Rinse** buckwheat groats under warm water and drain. **2. Combine** buckwheat, soy milk, water, and a pinch of salt. **3. Bring** to a gentle simmer, then reduce heat and cook for 12–15 minutes, stirring occasionally. **4. Stir** in walnuts, flaxseed and cinnamon. **5. Serve** warm with soft fruit.

**TIPS:** Store cooked porridge in the refrigerator for up to 3–4 days. Reheat with a splash of soy milk. For a smoother texture, blend briefly into a creamy buckwheat pudding.

**CALORIES: 280**

**PROTEIN: 14g**

**CARBS: 35g**

**FAT: 12g**

**FIBER: 7g**



## Chickpea Toast Spread with Lemon and Tahini



**Prep**  
5 Mins



**Time**  
5 Mins



**Servings**  
2



**Level**  
Easy

Chickpeas provide high-quality plant protein and fiber that help stabilize blood sugar and support digestion. Tahini adds healthy fats and calcium, while lemon juice enhances iron absorption and adds refreshing flavor without sodium overload. **Key Nutrients:** Folate, iron, magnesium, calcium, healthy monounsaturated fats.

### INGREDIENTS

½ cup cooked chickpeas  
1 tablespoon tahini  
1 tablespoon lemon juice  
1 teaspoon olive oil  
1–2 tablespoons warm water  
Pinch of salt

**Optional toppings:** sliced cucumber, cherry tomatoes  
2 slices whole-grain or soft sourdough bread, toasted

### DIRECTIONS

1. **Mash** chickpeas with a fork until mostly smooth in a bowl. 2. **Stir** in tahini, lemon juice, olive oil, and warm water until creamy and spreadable. 3. **Season** with salt to taste. 4. **Spread** the chickpea mixture over warm toast. 5. **Add** soft vegetables or herbs if desired and serve warm.

**TIPS:** Store chickpea spread in an airtight container in the refrigerator for up to 3–4 days. Add a splash of lemon juice or water when reheating. Add a pinch of garlic powder and chopped parsley or dill for flavor variations.

**CALORIES: 280**

**PROTEIN: 14g**

**CARBS: 32g**

**FAT: 12g**

**FIBER: 8g**



## Vegan Yogurt Parfait with Seeds



**Prep**  
5 Mins



**Time**  
0 Mins



**Servings**  
2



**Level**  
Easy

Soy yogurt provides complete plant protein and beneficial probiotics that support gut health. Chia, flax, and hemp seeds add omega-3 fats and fiber, helping reduce inflammation, support heart health, and keep blood sugar steady. Soft fruits contribute antioxidants and natural sweetness without added sugar overload. **Key Nutrients:** Omega-3 fatty acids, calcium, probiotics, magnesium, antioxidants.

### INGREDIENTS

1 cup soy yogurt  
1 tablespoon chia seeds  
1 tsp ground flaxseeds  
1 tablespoon hemp seeds  
2 tablespoons soft berries or sliced banana  
1 teaspoon maple syrup

**Optional:** 1 tablespoon chopped almonds or walnuts

### DIRECTIONS

1. **Spoon** half of the yogurt into two small bowls or jars. 2. **Sprinkle** half of the seeds over the yogurt. 3. **Add** a layer of soft fruit. 4. **Repeat** with the remaining yogurt and seeds. 5. **Drizzle** lightly with maple syrup if desired and serve immediately.

**TIPS:** Assemble parfaits in jars and refrigerate for up to 2 days. Stir before eating, as seeds will thicken the yogurt over time. Use ground seeds for a softer texture. Pair with a slice of whole-grain toast or a small handful of nuts.

**CALORIES: 260**

**PROTEIN: 16g**

**CARBS: 22g**

**FAT: 14g**

**FIBER: 8g**

## Tofu and Sweet Potato Breakfast Hash



Tofu provides complete plant protein to support muscle health and repair, while sweet potatoes offer slow-digesting carbohydrates and antioxidants that help maintain energy and support immune health. This balanced mix of protein, fiber, and healthy fats helps stabilize blood sugar and keep you full longer. **Key Nutrients:** Vitamin A (beta-carotene), iron, calcium, potassium, antioxidants.



### INGREDIENTS

1 cup sweet potato, diced  
6 oz (170 g) firm tofu  
1 teaspoon olive oil  
2 tablespoons chopped onion  
1 tablespoon diced bell pepper  
½ teaspoon turmeric  
½ teaspoon garlic powder  
Pinch of salt, black pepper

### DIRECTIONS

1. Heat a skillet over medium heat and add olive oil. 2. Add diced sweet potatoes and cook for 8–10 minutes. 3. Add crumbled tofu, onion, and bell pepper. Cook for 3–5 minutes until warmed through. 4. Stir in turmeric, garlic powder, salt, and pepper. 5. **Remove** from heat and garnish with herbs or avocado if desired. Serve warm.

**TIPS:** Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat gently in a skillet or microwave with a splash of water to keep it moist. Serve with whole-grain toast, a bowl of fruit.

**CALORIES: 300**

**PROTEIN: 22g**

**CARBS: 28g**

**FAT: 12g**

**FIBER: 7g**

## Tempeh Crumble with Vegetables



Tempeh is a fermented soy food rich in complete plant protein and beneficial probiotics that support gut health. The added vegetables provide antioxidants and fiber, helping digestion and reducing inflammation. This savory snack offers sustained energy and supports muscle maintenance without excess refined carbohydrates. **Key Nutrients:** Probiotics, iron, calcium, magnesium, B vitamins.



### INGREDIENTS

6 oz (170 g) tempeh, crumbled  
1 teaspoon olive oil  
½ cup finely diced soft vegetables (zucchini, bell pepper, carrots)  
1 tablespoon soy sauce  
1 teaspoon maple syrup  
½ teaspoon garlic powder  
Pinch of black pepper

### DIRECTIONS

1. Heat oil in a non-stick skillet over medium heat. 2. Add crumbled tempeh and cook for 5–6 minutes until lightly golden. 3. Stir in diced vegetables and cook for another 3–5 minutes. 4. Add soy sauce, maple syrup, garlic powder, and pepper. Stir well and cook 1–2 minutes more. 5. **Serve** warm.

**TIPS:** Store cooked tempeh crumble in an airtight container in the refrigerator for up to 4 days. Freeze for up to 2 months for quick protein snacks; serve over warm whole-grain toast, soft rice, or quinoa for a balanced mini-meal.

**CALORIES: 260**

**PROTEIN: 22g**

**CARBS: 16g**

**FAT: 12g**

**FIBER: 6g**



## Tofu Scramble with Spinach and Mushrooms



**Prep**  
8 Mins



**Time**  
12 Mins



**Servings**  
2



**Level**  
Easy

Tofu provides complete plant protein to support muscle repair and daily energy. Spinach and mushrooms add antioxidants, vitamins, and minerals that support immune function and healthy aging. The combination of protein and fiber helps stabilize blood sugar. **Key Nutrients:** Iron, calcium, vitamin K, antioxidants, phytonutrients.

### INGREDIENTS

7 oz (200 g) firm or soft tofu  
1 teaspoon olive oil  
½ cup sliced mushrooms  
1 cup fresh spinach  
¼ teaspoon turmeric  
¼ teaspoon garlic powder  
Pinch of black pepper and salt  
1 tablespoon nutritional yeast  
**Optional garnish:** chopped chives or parsley

### DIRECTIONS

1. Heat olive oil in a non-stick skillet over medium heat. 2. Add mushrooms and cook for 3–4 minutes. 3. Add crumbled tofu and cook for 4–5 minutes. 4. Stir in spinach, turmeric, garlic powder, salt, and pepper. Cook until spinach wilts. 5. Sprinkle with nutritional yeast if using. Garnish with herbs, serve warm.

**TIPS:** Store leftovers in an airtight container in the refrigerator for up to 3–4 days. Add a spoon of plant milk for a creamier, softer scramble. Serve with whole-grain toast, soft avocado slices, or warm rice.

**CALORIES: 240**

**PROTEIN: 22g**

**CARBS: 12g**

**FAT: 12g**

**FIBER: 4g**



## Mung Bean Egg-Free Omelet with Herbs



**Prep**  
10 Mins



**Time**  
10 Mins



**Servings**  
2



**Level**  
Easy

Mung beans are rich in plant protein and fiber, supporting muscle maintenance and digestive health. The herbs provide antioxidants and anti-inflammatory compounds, while turmeric adds protective phytonutrients. This omelet-style dish offers a satisfying, egg-like experience without cholesterol. **Key Nutrients:** Iron, folate, potassium, plant polyphenols.

### INGREDIENTS

½ cup mung bean flour  
½ cup water  
1 teaspoon olive oil  
1 tablespoon chopped herbs  
1 tablespoon diced onion  
¼ teaspoon turmeric  
Pinch of salt, black pepper  
**Optional fillings:** sautéed mushrooms, spinach

### DIRECTIONS

1. Whisk mung bean flour with water until smooth. 2. Stir in herbs, onion, turmeric, salt, and pepper. 3. Heat a non-stick skillet over medium heat and lightly grease with olive oil. 4. Pour half of the batter into the pan and tilt to spread into a thin omelet shape. Cook for 3–4 minutes on each side. Add soft vegetables as filling if desired, fold, and serve warm.

**TIPS:** Store cooked omelets in the refrigerator for up to 3 days. For extra softness, add 1–2 tablespoons of soy milk to the batter.

**CALORIES: 230**

**PROTEIN: 18g**

**CARBS: 24g**

**FAT: 9g**

**FIBER: 6g**

## Tofu Cottage-Style Bowl with Tomatoes and Chives



**Prep**  
5 Mins



**Time**  
0 Mins



**Servings**  
2



**Level**  
Easy

Tofu provides complete plant protein that supports muscle maintenance and healthy aging. Tomatoes contribute antioxidants like lycopene, which support heart health, while chives add vitamins and gentle digestive benefits. **Key Nutrients:** Calcium, iron, potassium, antioxidants, phytonutrients.



### INGREDIENTS

7 oz (200 g) tofu, drained  
1 tablespoon lemon juice  
1 tablespoon unsweetened soy yogurt  
½ teaspoon garlic powder  
Pinch of salt, black pepper  
½ cup cherry tomatoes,  
1 tbsp chopped chives  
1 teaspoon olive oil

### DIRECTIONS

1. **Crumble** or mash the tofu in a bowl until it resembles cottage cheese. 2. **Stir** in lemon juice, soy yogurt (if using), garlic powder, salt, and pepper. 3. **Gently** fold in chopped tomatoes and chives. 4. **Drizzle** with olive oil if desired and serve immediately.

**TIPS:** Store in an airtight container in the refrigerator for up to 3 days. Stir before serving, as moisture may separate slightly. Serve with whole-grain toast, soft crackers, or warm pita.

**CALORIES: 220**

**PROTEIN: 22g**

**CARBS: 10g**

**FAT: 12g**

**FIBER: 3g**

## Vanilla Protein Millet Pudding



**Prep**  
5 Mins



**Time**  
20 Mins



**Servings**  
2



**Level**  
Easy

Millet is a gentle, gluten-free whole grain that provides steady energy and supports digestion. Soy milk and seeds add high-quality plant protein that helps preserve muscle and stabilize blood sugar. Vanilla adds natural sweetness and comfort without excessive sugar. **Key Nutrients:** Magnesium, iron, B vitamins, calcium, antioxidants.



### INGREDIENTS

½ cup millet (rinsed)  
1½ cups unsweetened soy milk  
1 tablespoon maple syrup or date syrup (optional)  
½ teaspoon vanilla extract  
1 tablespoon chia seeds or hemp seeds (for extra protein)  
Pinch of salt  
**Optional toppings:** berries, sliced banana, or almond

### DIRECTIONS

1. **Combine** millet, soy milk, and a pinch of salt. 2. **Bring** to boil, then reduce heat to low, and simmer for 15–18 minutes until millet is soft and creamy. 3. **Stir** in maple syrup, vanilla extract, and chia or hemp seeds. 4. **Cook** for 1–2 more minutes. 5. **Serve** warm or chilled, topped with soft fruit, nuts.

**TIPS:** Store in the refrigerator in an airtight container for up to 4 days. Can be frozen for up to 2 months. Add diced apple and a pinch of cinnamon while cooking for flavor variation.

**CALORIES: 280**

**PROTEIN: 18g**

**CARBS: 36g**

**FAT: 10g**

**FIBER: 6g**



## Rice Porridge with Soy Milk and Peanut Butter



**Prep**  
5 Mins



**Time**  
20 Mins



**Servings**  
2



**Level**  
Easy

Rice provides gentle, easy-to-digest carbohydrates that supply steady energy. Soy milk and peanut butter contribute high-quality plant protein and healthy fats that support muscle maintenance and keep you full longer. This creamy porridge is soothing for the digestive system while helping stabilize blood sugar levels. **Key Nutrients:** Calcium, magnesium, iron, healthy fats, antioxidants

### INGREDIENTS

½ cup cooked white or brown rice (or ¼ cup uncooked rice)  
1½ cups unsweetened soy milk  
1 tablespoon peanut butter  
1 tablespoon maple syrup  
Pinch of salt  
**Optional toppings:** sliced banana, soft berries, chopped peanuts, or cinnamon

### DIRECTIONS

**1. Combine** cooked rice and soy milk. **2. Bring** to a gentle simmer over medium heat, stirring occasionally, for 10–15 minutes until thick and creamy. **3. Stir** in peanut butter, maple syrup, and a pinch of salt. **4. Cook** for 1–2 minutes more until smooth and well combined. **5. Serve** warm with optional fruit or nut toppings.

**TIPS:** Store leftovers in an airtight container in the refrigerator for up to 4 days. Freeze in individual portions for up to 2 months. Pair with soft fruit like banana or stewed apples for added fiber and sweetness.

**CALORIES: 320**

**PROTEIN: 20g**

**CARBS: 40g**

**FAT: 14g**

**FIBER: 5g**



## Polenta Bowl with Tofu Crumbles



**Prep**  
5 Mins



**Time**  
15 Mins



**Servings**  
2



**Level**  
Easy

Polenta provides easy-to-digest carbohydrates that support steady energy, while tofu delivers high-quality plant protein for muscle maintenance. Using soy milk increases protein and calcium content, supporting bone health. This savory bowl is balanced, filling, and gentle on digestion. **Key Nutrients:** Calcium, iron, B vitamins, antioxidants.

### INGREDIENTS

½ cup polenta (corn grits)  
2 cups unsweetened soy milk  
Pinch of salt  
**For the Tofu Crumbles**  
6oz (170 g) firm tofu  
1 teaspoon olive oil  
½ teaspoon garlic powder  
½ teaspoon smoked paprika  
Pinch of black pepper, salt

### DIRECTIONS

**1. Bring** soy milk (or water) and salt to a gentle boil. Slowly whisk in polenta. Reduce heat and simmer for 10–12 minutes, stirring often, until thick and creamy. **2. Heat** olive oil in a non-stick skillet. Add crumbled tofu, garlic powder, smoked paprika, salt, and pepper. Cook for 5–7 minutes. **3. Spoon** polenta into bowls and top with tofu crumbles and optional vegetables or herbs.

**TIPS:** Store cooked polenta and tofu separately in the refrigerator for up to 4 days. Tofu crumbles can be frozen for up to 2 months. Serve with sautéed spinach, tomatoes, or avocado for healthy fats.

**CALORIES: 340**

**PROTEIN: 24g**

**CARBS: 40g**

**FAT: 13g**

**FIBER: 5g**

# Savory Lentil Breakfast Waffles



**Prep**  
10 Mins



**Time**  
15 Mins



**Servings**  
4



**Level**  
Easy

These lentil waffles provide high-quality plant protein to help maintain muscle strength and energy as we age. Their fiber supports digestion and helps keep blood sugar steady, while healthy fats and spices support heart and joint health. **Key Nutrients:** Iron, folate, magnesium, plant protein.



## INGREDIENTS

1 cup red lentils (dry), soaked  
¾ cup water  
1 tablespoon olive oil  
1 tablespoon nutritional yeast  
½ teaspoon baking powder  
½ teaspoon turmeric  
½ teaspoon garlic powder  
½ teaspoon salt  
black pepper to taste  
**Toppings:** Avocado slices,  
Vegan yogurt or hummus

## DIRECTIONS

1. Soak red lentils in water for 2–4 hours or overnight. Drain and rinse well. 2. Add soaked lentils, water, olive oil, nutritional yeast, baking powder, spices, and salt to a blender. Blend until smooth and pourable. 3. Grease a waffle iron and preheat. 4. Pour batter into the waffle iron and cook until golden and crisp, about 3–5 minutes per waffle. 5. Serve with savory toppings.

**TIPS:** Refrigerate cooked waffles in an airtight container for up to 4 days. Freeze waffles with parchment between layers for up to 3 months. Add a splash of water if the batter thickens. For crispier waffles add 1 tsp cornstarch. Pair with sautéed greens, spinach, or mushrooms.

**CALORIES: 230**

**PROTEIN: 14g**

**CARBS: 32g**

**FAT: 6g**

**FIBER: 8g**

# High-Protein Buckwheat Pancakes



**Prep**  
10 Mins



**Time**  
15 Mins



**Servings**  
4-6



**Level**  
Easy

Buckwheat is a complete plant protein and naturally gluten-free, providing essential amino acids that support muscle maintenance and recovery. Its high fiber content helps digestion and supports stable blood sugar levels, managing energy and appetite. The flaxseed adds omega-3 fatty acids that support heart and brain health.



## INGREDIENTS

1 cup buckwheat flour  
2 tablespoons ground flaxseed  
1 cup unsweetened soy milk  
1 tablespoon maple syrup  
1 teaspoon baking powder  
½ teaspoon cinnamon  
Pinch of salt  
1 teaspoon vanilla extract  
1–2 teaspoons olive oil

## DIRECTIONS

1. Mix buckwheat flour, flaxseed, baking powder, cinnamon, and salt. 2. Add soy milk, maple syrup, and vanilla. Stir until a smooth batter forms. 3. Let rest for 3–5 minutes to thicken. 4. Heat a nonstick pan over medium heat and lightly grease it. 5. Pour about ¼ cup batter per pancake into the pan. 6. Cook 2–3 minutes per side. Serve warm with fruit, yogurt, or nut butter.

**TIPS:** If the batter is too thick, add 1–2 tablespoons more milk. Refrigerate cooked pancakes in an airtight container for up to 4 days. Freeze with parchment between layers for up to 2 months.

**CALORIES: 260**

**PROTEIN: 15g**

**CARBS: 36g**

**FAT: 7g**

**FIBER: 7g**

# LUNCH

Lentil & Vegetable Comfort Soup  
Chickpea Salad with Tahini-Lemon Dressing  
Black Bean & Avocado Wrap  
Baked Tofu with Mashed Sweet Potatoes and Greens  
Creamy Red Lentil Dal with Spinach  
Creamy White Bean & Cauliflower Soup  
Chickpea & Tomato Soup with Herbs  
White Bean & Herb Vegetable Soup  
Hummus & Roasted Vegetable Wrap  
Tofu “Egg-Style” Salad Wrap





## Lentil & Vegetable Comfort Soup



**Prep**

10 Mins



**Time**

30 Mins



**Servings**

4



**Level**

Easy

Lentils provide high-quality plant protein that supports muscle maintenance and immune function. They are rich in soluble fiber, helping regulate digestion and support healthy blood sugar and cholesterol levels. Vegetables add vitamins A and C for vision and immune health, while turmeric and cumin contribute anti-inflammatory compounds supporting joint wellness.

### INGREDIENTS

1 cup red or yellow lentils  
1 tablespoon olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
1 medium carrot, diced  
1 celery stalk, diced  
1 cup diced zucchini or pumpkin  
4 cups low-sodium vegetable broth  
1 cup water  
½ teaspoon ground cumin  
½ teaspoon turmeric  
½ teaspoon black pepper  
Salt to taste  
1 tablespoon lemon juice  
Fresh parsley or dill for garnish (optional)

### DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add onion, garlic, carrot, and celery. Cook for 5–7 minutes until softened.
2. Stir in lentils, zucchini, cumin, turmeric, and pepper.
3. Add vegetable broth and water. Bring to a boil, then reduce heat and simmer for 20–25 minutes until lentils are soft.
4. For a smoother texture, partially blend the soup with an immersion blender.
5. Stir in lemon juice and adjust salt to taste. Serve warm, garnished with herbs if desired.

#### USEFUL TIPS:

- Blend half the soup and mix back in for a velvety texture.
- Add oregano, thyme, and diced tomatoes for Mediterranean flavor.
- Add extra water or broth for a thinner soup if needed.
- Pair with soft whole-grain bread or a small quinoa side.
- Refrigerate in an airtight container for up to 5 days.
- Freeze in individual portions for up to 3 months; thaw overnight in the refrigerator.

**CALORIES: 230**

**PROTEIN: 17g**

**CARBS: 34g**

**FAT: 10g**

**FIBER: 4g**

# Chickpea Salad with Tahini-Lemon Dressing



**Prep**  
10 Mins



**Time**  
0 Mins



**Servings**  
4



**Level**  
Easy

Chickpeas provide plant-based protein and complex carbohydrates that help maintain muscle mass and provide steady energy. They are also rich in fiber, supporting digestive health and helping regulate blood sugar and cholesterol levels. Tahini contributes heart-healthy fats, calcium, and magnesium, while lemon juice adds vitamin C to support immune health and nutrient absorption.



## DIRECTIONS

1. In a large bowl, combine chickpeas, cucumber, tomatoes, herbs, and onion.
2. In a small bowl, whisk tahini, lemon juice, olive oil, water, garlic, salt, and pepper until smooth and creamy.
3. Pour the dressing over the salad and gently toss to coat evenly.
4. Let sit for 5 minutes to soften flavors, then serve.

## INGREDIENTS

### For the Salad

- 2 cups cooked chickpeas
- 1 cup chopped cucumber
- ½ cup cherry tomatoes, halved
- 2 tablespoons chopped parsley / dill
- 2 tablespoons chopped red onion

### For the Tahini–Lemon Dressing

- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 small garlic clove, finely minced
- Pinch of salt and black pepper

### USEFUL TIPS:

- For a softer texture, lightly mash some chickpeas with a fork before mixing.
- Use peeled cucumber and deseeded tomatoes to reduce toughness and acidity.
- Use basil, mint, or cilantro instead of parsley.
- Add olives and roasted red peppers for Mediterranean flavor.
- Serve with soft whole-grain bread, pita, or quinoa.
- Store in an airtight container in the refrigerator for up to 4 days. Keep dressing separate.
- Not recommended for freezing due to fresh vegetables.

**CALORIES: 260**

**PROTEIN: 15g**

**CARBS: 26g**

**FAT: 14g**

**FIBER: 8g**



## Black Bean & Avocado Wrap



**Prep**

10 Mins



**Time**

5 Mins



**Servings**

2



**Level**

Easy

Black beans are an excellent source of plant-based protein, iron, and folate, supporting muscle health and energy production in older adults. Avocado provides heart-healthy monounsaturated fats and potassium, which help support cardiovascular health and maintain healthy blood pressure. Whole-grain wraps add complex carbohydrates and fiber, promoting digestive health and stable blood sugar levels.

### INGREDIENTS

#### For the Filling

- 1½ cups cooked black beans
- 1 ripe avocado, peeled and sliced
- ¼ cup finely chopped bell pepper
- 2 tablespoons finely chopped onion or green onion
- 2 tablespoons chopped cilantro

#### For the Creamy Spread

- 2 tablespoons hummus or mashed tofu
- 1 tablespoon lime or lemon juice
- 1 tablespoon olive oil
- Pinch of salt and ground cumin

#### For Wrapping

- 2 large whole-grain tortillas or soft wraps
- Optional: soft lettuce leaves or baby spinach

### DIRECTIONS

1. In a bowl, lightly mash half of the black beans for a creamy texture, leaving the rest whole.
2. Stir in chopped pepper, onion, herbs, lime juice, olive oil, and cumin. Season lightly with salt.
3. Spread hummus or mashed tofu evenly over each wrap.
4. Add black bean mixture and avocado slices or mash.
5. Roll tightly into wraps. Warm gently in a pan for 1–2 minutes per side if desired.
6. Slice in half and serve.

#### USEFUL TIPS:

- Add a spoonful of plant-based yogurt for extra creaminess.
- Add a side of steamed vegetables or quinoa for extra protein.
- Use soft whole-grain tortillas or lightly warm them to make rolling easier.
- Assemble wraps just before eating to prevent sogginess.
- Store filling separately in the refrigerator for up to 3 days.
- Add mild salsa, corn, and paprika for Mexican, or cucumber, tomato, and tahini drizzle for Mediterranean flavors.

**CALORIES: 320**

**PROTEIN: 18g**

**CARBS: 34g**

**FAT: 14g**

**FIBER: 10g**

# Baked Tofu with Mashed Sweet Potatoes and Greens

 **Prep** 15 Mins  **Time** 30 Mins  **Servings** 2-3  **Level** Easy

Tofu provides complete plant protein and calcium, supporting muscle maintenance and bone health. Sweet potatoes are rich in beta-carotene, potassium, and fiber, which help support immune health, digestion, and stable blood sugar levels. Leafy greens contribute magnesium, vitamin K, and antioxidants, supporting heart health.



## DIRECTIONS

1. Preheat oven to 375°F (190°C). Mix olive oil, soy sauce, lemon juice, garlic powder, and paprika. Toss tofu slices in the marinade. Arrange on a lined baking sheet and bake for 20–25 minutes, flipping halfway, until lightly golden.
2. Boil sweet potato cubes in water for 12–15 minutes until soft. Drain and mash with soy milk, olive oil, and a pinch of salt until smooth and creamy.
3. Heat olive oil and water in a pan. Add greens and cook gently for 2–3 minutes until wilted. Add lemon juice or garlic powder if desired.
4. Plate tofu with a generous scoop of mashed sweet potatoes and a side of greens.

## INGREDIENTS

### For the Baked Tofu

- 14 oz (400 g) firm or extra-firm tofu, drained and sliced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce or tamari
- 1 teaspoon lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon mild paprika

### For the Mashed Sweet Potatoes

- 2 medium sweet potatoes, cubed
- ½ cup unsweetened soy milk
- 1 teaspoon olive oil or vegan butter
- Pinch of salt and cinnamon

### For the Greens

- 2 cups chopped spinach, kale, or Swiss chard
- 1 teaspoon olive oil
- 1 tablespoon water
- Pinch of garlic powder or lemon juice

## USEFUL TIPS:

- For softer tofu, cover with foil during the first 10 minutes of baking.
- Pair with whole-grain bread or quinoa for extra fiber.
- Add rosemary or thyme to the tofu marinade for herbal flavor.
- Store tofu and mashed potatoes separately in airtight containers for up to 4 days.
- Reheat gently with a splash of plant milk or water to keep the mash creamy.
- Freeze mashed sweet potatoes for up to 2 months.

**CALORIES: 420**

**PROTEIN: 26g**

**CARBS: 42g**

**FAT: 18g**

**FIBER: 9g**



## Creamy Red Lentil Dal with Spinach



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Easy

Red lentils are an excellent source of plant protein, iron, and folate, supporting muscle maintenance, energy production, and healthy red blood cell formation. Spinach provides vitamin K, magnesium, and antioxidants that support bone health and cardiovascular function. Healthy fats from coconut or soy milk improve nutrient absorption and add satisfying creaminess without dairy.

### INGREDIENTS

#### For the Dal

- 1 cup red lentils, rinsed
- 3 cups water or low-sodium vegetable broth
- ½ cup canned light coconut milk or soy milk
- 1 small onion, finely chopped
- 1 teaspoon grated fresh ginger (or ¼ teaspoon ground ginger)
- 1 clove garlic, minced
- 1 teaspoon mild curry powder or turmeric
- ½ teaspoon ground cumin
- 1 tablespoon olive oil
- Salt to taste

#### For the Spinach

- 2 cups fresh spinach, chopped
- 1 tablespoon lemon juice

### DIRECTIONS

1. Combine lentils, water or broth, onion, ginger, garlic, curry powder, and cumin. Bring to a gentle boil, then reduce heat and simmer for 15–20 minutes until lentils are soft and creamy.
2. Stir in coconut milk or soy milk and olive oil. Simmer for another 3–5 minutes, stirring frequently.
3. Stir in spinach and cook until wilted (about 2 minutes). Add lemon juice and salt to taste.
4. Mash lightly with a spoon or blend partially for a smooth, senior-friendly texture.

#### USEFUL TIPS:

- For a smoother texture, blend half or all of the dal.
- Add ½ cup crushed tomatoes for extra flavor.
- Stir in blended white beans or tofu for extra protein.
- Serve with soft whole-grain rice, quinoa, or warm flatbread.
- Store in the refrigerator for up to 4 days in airtight containers.
- Freeze portions for up to 3 months; reheat with a splash of water or plant milk.

**CALORIES: 260**

**PROTEIN: 18g**

**CARBS: 30g**

**FAT: 9g**

**FIBER: 9g**

# Creamy White Bean & Cauliflower Soup



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Easy

White beans provide high-quality plant protein, iron, and magnesium, supporting muscle health and energy metabolism in older adults. Cauliflower is rich in vitamin C, antioxidants, and fiber, promoting immune function and digestive health. Healthy fats from olive oil and plant milk enhance nutrient absorption and provide sustained satiety.



## DIRECTIONS

1. Heat olive oil in a pot. Add onion and garlic and cook gently for 3–4 minutes until soft.
2. Add cauliflower and vegetable broth. Bring to a boil, then reduce heat and simmer for 12–15 minutes until cauliflower is tender.
3. Stir in white beans and soy milk. Simmer for 2–3 minutes, then blend with an immersion blender until smooth and creamy.
4. Add thyme, salt, and pepper. Serve warm with optional toppings.

## INGREDIENTS

### For the Soup

- 2 cups cauliflower florets
  - 1½ cups cooked white beans
  - 3 cups low-sodium vegetable broth
  - ½ cup unsweetened soy milk
  - 1 small onion, chopped
  - 1 clove garlic, minced
  - 1 tablespoon olive oil
  - ½ teaspoon dried thyme or rosemary
  - Salt and black pepper to taste
- ### Optional Toppings
- Chopped parsley or chives
  - A drizzle of olive oil
  - Soft whole-grain croutons or blended seeds

### USEFUL TIPS:

- Add extra broth or milk to adjust thickness.
- For richer flavor, roast cauliflower before simmering.
- Serve with soft whole-grain bread, toast, or crackers for added protein and fiber.
- Replace cauliflower with broccoli, zucchini, or potato for a different texture.
- Refrigerate in airtight containers for up to 4 days.
- Freeze in individual portions for up to 3 months. Reheat gently, adding water or plant milk to restore creaminess.

**CALORIES: 230**

**PROTEIN: 16g**

**CARBS: 28g**

**FAT: 8g**

**FIBER: 8g**



## Chickpea & Tomato Soup with Herbs



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Easy

Chickpeas provide high-quality plant protein, iron, and folate, helping support muscle health and energy levels. Tomatoes are rich in lycopene and vitamin C, powerful antioxidants that support heart health and immune function. Olive oil and herbs add anti-inflammatory compounds that contribute to healthy aging and overall well-being.

### INGREDIENTS

#### For the Soup

- 1½ cups cooked chickpeas
  - 1 can (14 oz / 400 g) crushed tomatoes
  - 2½ cups low-sodium vegetable broth
  - 1 small onion, finely chopped
  - 1 clove garlic, minced
  - 1 tablespoon olive oil
  - ½ teaspoon dried basil
  - ½ teaspoon dried oregano or thyme
  - Black pepper and salt to taste
- #### Optional Add-Ins
- 1 cup diced carrots or zucchini
  - 1 tablespoon chopped fresh parsley or basil
  - 1 tablespoon lemon juice

### DIRECTIONS

1. Heat olive oil in a pot. Add onion and garlic and cook gently for 3–4 minutes until soft and fragrant.
2. Add chickpeas, crushed tomatoes, vegetable broth, and herbs. Bring to a gentle boil, then reduce heat and simmer for 15–20 minutes.
3. For a smoother soup, blend half or all of the soup with an immersion blender.
4. Add lemon juice, salt, and pepper to taste. Sprinkle with fresh herbs if desired and serve warm.

#### USEFUL TIPS:

- Add a splash of soy milk or blended tofu for extra creaminess and protein.
- Add basil, oregano, and a pinch of nutritional yeast for a savory taste.
- Serve with soft whole-grain bread, crackers, or a quinoa side for extra protein.
- Swap chickpeas with white beans, red lentils, or blended tofu for similar protein content.
- Store in the refrigerator for up to 4 days in airtight containers.
- Freeze in single portions for up to 3 months. Reheat gently with a splash of water or broth to loosen the texture.

**CALORIES: 210**

**PROTEIN: 14g**

**CARBS: 30g**

**FAT: 6g**

**FIBER: 8g**

# White Bean & Herb Vegetable Soup



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Easy

White beans provide high-quality plant protein, iron, and magnesium, supporting muscle maintenance, energy metabolism, and heart health. Vegetables such as carrots and celery add fiber, potassium, and antioxidants that support digestion and healthy blood pressure. Herbs and olive oil contribute anti-inflammatory compounds.



## DIRECTIONS

1. Heat olive oil in a pot. Add onion and garlic and cook for 3–4 minutes until soft.
2. Add carrots, celery (or zucchini), and vegetable broth. Bring to a boil, then reduce heat and simmer for 10–12 minutes until vegetables are tender.
3. Stir in white beans and dried herbs. Simmer for another 5–8 minutes.
4. Add lemon juice, salt, and pepper to taste. Garnish with fresh herbs if desired. Blend partially or fully for a smoother texture.

## INGREDIENTS

### For the Soup

- 1½ cups cooked white beans
- 2½ cups low-sodium vegetable broth
- 1 cup diced carrots
- 1 cup diced celery or zucchini
- 1 small onion, finely chopped
- 1 clove garlic, minced (optional)
- 1 tablespoon olive oil
- ½ teaspoon dried thyme
- ½ teaspoon dried parsley or oregano
- Salt and black pepper to taste

### Optional Add-Ins

- 1 cup chopped spinach or kale
- 1 tablespoon lemon juice
- Fresh parsley or chives for garnish

## USEFUL TIPS:

- Mash some beans with a spoon to naturally thicken the soup.
- Stir in soy milk or blended tofu for extra creaminess and protein.
- Pair with a chickpea salad, tofu wrap, or quinoa bowl for a balanced lunch.
- Swap beans with chickpeas, lentils, or blended tofu.
- Refrigerate in airtight containers for up to 4 days.
- Freeze in individual portions for up to 3 months.
- Reheat gently with added water or broth as needed.

**CALORIES: 190**

**PROTEIN: 13g**

**CARBS: 26g**

**FAT: 6g**

**FIBER: 7g**



# Hummus & Roasted Vegetable Wrap



**Prep**  
10 Mins



**Time**  
20 Mins



**Servings**  
2



**Level**  
Easy

Chickpeas in hummus provide high-quality plant protein, iron, and folate to support muscle maintenance and energy levels. Roasted vegetables contribute antioxidants, vitamin C, and fiber, supporting immune health and digestion. Whole-grain wraps add complex carbohydrates and additional fiber, helping maintain steady blood sugar and long-lasting energy.

## INGREDIENTS

### For the Roasted Vegetables

- 1 cup sliced zucchini
- 1 cup sliced bell pepper
- ½ cup sliced onion
- 1 tablespoon olive oil
- Pinch of salt and black pepper

### For the Wraps

- 2 whole-grain wraps or soft tortillas
- ½ cup hummus
- ¼ cup baby spinach or soft greens (optional)
- 1 tablespoon lemon juice

## DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss zucchini, bell pepper, and onion with olive oil, salt, and pepper. Spread on a baking sheet and roast for 15–20 minutes until soft and lightly browned.
2. Heat wraps in a dry pan or microwave for a few seconds to make them pliable.
3. Spread hummus evenly over each wrap. Add roasted vegetables and spinach. Drizzle with lemon juice if desired.
4. Roll tightly, slice in half, and serve warm.

### USEFUL TIPS:

- Warm wraps before rolling to prevent cracking.
- Swap hummus with white bean spread, lentil spread, or mashed tofu with tahini.
- Serve with a side of fruit or soy yogurt for a balanced meal.
- Store roasted vegetables in the refrigerator for up to 4 days.
- Assemble wraps fresh for best texture, or wrap tightly and refrigerate for up to 24 hours.

**CALORIES: 320**

**PROTEIN: 16g**

**CARBS: 40g**

**FAT: 12g**

**FIBER: 9g**

# Tofu “Egg-Style” Salad Wrap



**Prep**  
10 Mins



**Time**  
0 Mins



**Servings**  
2



**Level**  
Easy

Tofu is a complete plant protein rich in calcium, iron, and isoflavones, supporting muscle maintenance, bone health, and healthy aging. Turmeric adds anti-inflammatory compounds that may support joint health, while celery and greens provide fiber and vitamin K for digestion and cardiovascular support. Whole-grain wraps supply complex carbohydrates and additional fiber, helping stabilize blood sugar and provide long-lasting energy.



## DIRECTIONS

1. In a bowl, mash tofu with a fork until crumbly and creamy.
2. Stir in vegan mayonnaise (or soy yogurt), Dijon mustard, turmeric, celery, chives, salt, and pepper. Mix until evenly combined.
3. Spread tofu salad over each wrap. Add greens, tomato, or avocado if desired.
4. Roll tightly, slice in half, and serve immediately or chill briefly.

## INGREDIENTS

### For the Tofu Salad

- 1 cup tofu, drained and crumbled
- 1 tablespoon vegan mayonnaise or soy yogurt
- 1 teaspoon Dijon mustard
- ¼ teaspoon turmeric powder
- 1 tablespoon chopped celery or cucumber (very finely diced)
- 1 tablespoon chopped chives or green onion
- Salt and black pepper to taste

### For the Wraps

- 2 whole-grain wraps or soft tortillas
- ½ cup baby spinach or soft lettuce
- Sliced tomato or avocado

## USEFUL TIPS:

- Use silken tofu for a softer, creamier texture.
- Substitute tofu with mashed chickpeas, white beans, or tempeh crumbles.
- Use soy yogurt, mashed avocado, or tahini instead of vegan mayo, if desired.
- Finish with soy yogurt or baked fruit dessert for balanced nutrition.
- Stir tofu salad before serving if it thickens.
- Store tofu salad in an airtight container in the refrigerator for up to 3 days.
- Assemble wraps fresh for best texture, or wrap tightly and refrigerate for up to 24 hours.

**CALORIES: 300**

**PROTEIN: 18g**

**CARBS: 32g**

**FAT: 12g**

**FIBER: 7g**

# SNACKS

White Bean & Herb Spread with Soft Crackers  
Baked Tempeh Crumbles with Maple–Mustard Glaze  
Mini Lentil Patties (Pan–Baked)  
Roasted Chickpeas (Soft–Bake Style)  
Hummus & Warm Whole–Grain Toast Bites  
Warm Red Lentil Dip with Soft Flatbread  
Seed & Nut Savory Crackers  
Chia & Oat Bites  
White Bean & Rosemary Crackers  
Soy Flour & Garlic Crackers  
Vegan Cheese–Flavored Almond Crackers  
Chickpea Flour & Herb Crackers





## White Bean & Herb Spread with Soft Crackers



**Prep**  
10 Mins



**Time**  
0 Mins



**Servings**  
4



**Level**  
Easy

This creamy white bean spread provides plant-based protein and fiber to support muscle maintenance, digestion, and steady blood sugar levels. White beans are rich in magnesium, potassium, and folate, which help support heart health and energy production. The olive oil and fresh herbs add anti-inflammatory compounds that promote healthy aging and cognitive wellness.

### INGREDIENTS

1½ cups cooked cannellini or great northern beans  
2 tbsp olive oil  
1 tbsp lemon juice  
1 tbsp water  
1 tbsp chopped fresh parsley  
1 tsp chopped fresh chives or green onion  
1 small garlic clove (optional, or ¼ tsp garlic powder for sensitive stomachs)  
Salt and black pepper to taste  
Whole-grain soft crackers or tender flatbread for serving

### DIRECTIONS

1. Add beans, olive oil, lemon juice, herbs, and garlic to a food processor.
2. Blend until smooth and creamy, adding water as needed for a soft spreadable texture.
3. Season with salt and pepper to taste.
4. Serve with soft whole-grain crackers or warm flatbread.

#### USEFUL TIPS:

- Use avocado oil instead of olive oil for a neutral taste.
- Swap white beans with chickpeas or lentils for a different flavor and texture.
- Add roasted red pepper for a mild smoky flavor.
- Serve with cucumber slices, cherry tomatoes, or steamed carrot sticks.
- Store in an airtight container in the refrigerator for up to 4 days.
- Freeze for up to 2 months; thaw overnight in the fridge and stir well before serving.

**CALORIES: 170**

**PROTEIN: 8g**

**CARBS: 18g**

**FAT: 8g**

**FIBER: 6g**

# Baked Tempeh Crumbles with Maple–Mustard Glaze

 **Prep**  
10 Mins

 **Time**  
25 Mins

 **Servings**  
4

 **Level**  
Easy

These baked tempeh crumbles provide high-quality plant protein to support muscle maintenance and healthy aging, which is especially important for seniors. Tempeh is naturally rich in probiotics, iron, calcium, and magnesium, supporting digestion, bone health, and energy production. The maple–mustard glaze adds antioxidants and gentle natural sweetness, making this snack both heart-friendly and satisfying.



## DIRECTIONS

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together olive oil, mustard, maple syrup, soy sauce, vinegar, garlic powder, and pepper.
3. Toss the tempeh crumbles with the glaze until evenly coated.
4. Spread the crumbles in a single layer on the baking sheet.
5. Bake for 20–25 minutes, stirring halfway, until lightly golden and slightly crisp.
6. Sprinkle with herbs if desired and serve warm or at room temperature.

## INGREDIENTS

- 8 oz (225 g) tempeh, crumbled into small bite-size pieces
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp pure maple syrup
- 1 tbsp soy sauce or tamari
- ½ tsp apple cider vinegar or lemon juice
- ¼ tsp garlic powder
- ¼ tsp black pepper
- Optional garnish:** chopped parsley or green onion

## USEFUL TIPS:

- For a softer texture, bake for 12–15 minutes instead of crisping fully.
- Steam tempeh for 5 minutes before crumbling to reduce bitterness.
- Serve with sliced cucumber or roasted sweet potato.
- Replace tempeh with baked tofu crumbles for a milder flavor and softer chew.
- Store in an airtight container in the refrigerator for up to 4 days.
- Freeze for up to 2 months; reheat in the oven or air fryer to restore crispness.

**CALORIES: 160**

**PROTEIN: 14g**

**CARBS: 10g**

**FAT: 9g**

**FIBER: 4g**

# Mini Lentil Patties



**Prep**  
15 Mins



**Time**  
20 Mins



**Servings**  
4-16



**Level**  
Easy

These mini lentil patties deliver plant-based protein and fiber to support muscle maintenance, digestive health, and steady energy levels. Lentils provide iron, folate, potassium, and magnesium, which contribute to healthy circulation, brain function, and blood pressure regulation. Oats and flaxseed add beta-glucan fiber and omega-3 fats, supporting heart health and cholesterol balance.

## INGREDIENTS

1 cup cooked green or brown lentils (well-drained)  
¼ cup rolled oats (or oat flour)  
2 tbsp ground flaxseed + 5 tbsp water (flax “egg”)  
2 tbsp finely grated carrot or zucchini  
1 tbsp finely chopped onion or scallion  
1 tbsp olive oil (plus more for cooking)  
½ tsp garlic powder  
½ tsp smoked paprika or cumin  
¼ tsp black pepper  
Pinch of salt

## DIRECTIONS

1. Mix ground flaxseed with water and let sit for 5 minutes to thicken.
2. Lightly mash lentils with a fork, leaving some texture.
3. Stir in oats, vegetables, flax mixture, olive oil, and spices.
4. Form small patties (about 1–2 tablespoons each).
5. Heat a nonstick skillet over medium heat with a little oil.
6. Cook patties for 3–4 minutes per side until golden and warmed through.
7. Let cool slightly and serve warm or at room temperature.

### USEFUL TIPS:

- Use quinoa flakes instead of oats for a gluten-free option.
- Replace lentils with cooked chickpeas or white beans for a milder flavor.
- Add oregano, parsley, and lemon zest for Mediterranean flavor.
- Pair with a light cucumber-tomato salad or avocado slices for a balanced snack.
- Refrigerate in an airtight container for up to 4–5 days.
- Freeze cooked patties for up to 2 months; reheat in a skillet or oven.

**CALORIES: 140**

**PROTEIN: 11g**


**CARBS: 18g**

**FAT: 4g**

**FIBER: 6g**

# Roasted Chickpeas

 **Prep**  
10 Mins

 **Time**  
35 Mins

 **Servings**  
4

 **Level**  
Easy

Roasted chickpeas are a convenient plant-based protein source that supports muscle health and satiety. They are rich in fiber, iron, folate, and magnesium, which help promote digestive health, energy production, and healthy blood pressure. The combination of protein and fiber helps stabilize blood sugar levels and keeps seniors feeling full between meals.



## DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas dry with a towel to help them crisp.
3. Toss chickpeas with olive oil and spices in a bowl.
4. Spread in a single layer on a parchment-lined baking sheet.
5. Roast for 25–35 minutes, stirring halfway, until golden and lightly crisp.
6. Cool slightly before serving, they become crunchier as they cool.

## INGREDIENTS

- 2 cups cooked chickpeas (or 1 can, drained and rinsed)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika (or mild paprika)
- ¼ tsp ground cumin (optional)
- Pinch of black pepper
- Pinch of salt or low-sodium seasoning

### USEFUL TIPS:

- For extra crunch, remove loose chickpea skins before roasting.
- Avoid overcrowding the pan, use two sheets if needed.
- Serve with yogurt-style plant dip or hummus.
- Add dried rosemary, thyme, or Italian seasoning for flavor variation.
- Use white beans or butter beans for a softer, creamier texture.
- Store in an airtight container at room temperature for 2–3 days.
- For longer storage, refrigerate up to 5 days or freeze for 2 months.

**CALORIES: 180**

**PROTEIN: 10g**

**CARBS: 28g**

**FAT: 4g**

**FIBER: 8g**



## Hummus & Warm Whole Grain Toast Bites



**Prep**  
5 Mins



**Time**  
8 Mins



**Servings**  
4-12



**Level**  
Easy

These warm toast bites provide a balanced combination of plant protein, complex carbohydrates, and healthy fats, helping seniors maintain steady energy levels throughout the day. Whole grains contribute fiber, B vitamins, and magnesium, supporting digestion, heart health, and brain function, while hummus supplies protein, iron, and folate from chickpeas.

### INGREDIENTS

4 slices whole grain bread  
(sprouted or whole wheat)  
½ cup hummus (store-  
bought or homemade)  
1 tbsp olive oil  
(optional, for brushing)  
1 tbsp chopped fresh parsley  
or chives (optional)  
Pinch of paprika or mild  
chili powder

### DIRECTIONS

1. Toast the bread lightly in a toaster or oven until warm and just lightly crisp.
2. Cut each slice into small bite-sized squares or strips.
3. Spread a thin layer of hummus on each toast piece.
4. Drizzle lightly with olive oil and sprinkle with herbs and paprika if desired.
5. Serve warm for the best flavor and easy chewing.

#### USEFUL TIPS:

- Use gluten-free whole grain bread or oat bread if needed.
- Spread hummus while the toast is still warm for better absorption and flavor.
- Serve with sliced cucumber, tomato wedges, or soft roasted vegetables.
- Pair with grilled or roasted vegetables or tofu.
- Toast bites can be prepared ahead and stored in an airtight container for 1-2 days and reheated briefly.

**CALORIES: 190**

**PROTEIN: 9g**

**CARBS: 28g**

**FAT: 6g**

**FIBER: 6g**

# Warm Red Lentil Dip with Soft Flatbread



**Prep**  
10 Mins



**Time**  
20 Mins



**Servings**  
4



**Level**  
Easy

This warm red lentil dip is rich in plant protein, iron, folate, and fiber, nutrients that help preserve muscle mass, support healthy blood cells, and maintain digestive health. The warm flatbread provides complex carbohydrates and B vitamins, supporting steady energy levels and brain function, while spices like turmeric and cumin contribute anti-inflammatory compounds that may benefit joint and overall health.



## DIRECTIONS

1. **Preheat** oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Place** carrots and zucchini in a large bowl.
3. **Toss** with olive oil, cumin, paprika, salt, and pepper until evenly coated.
4. **Spread** vegetables in a single layer on the baking sheet.
5. **Roast** for 25–30 minutes, turning halfway, until tender and lightly caramelized.
6. **Garnish** with parsley if desired and serve warm.

## INGREDIENTS

### Red Lentil Dip

- 1 cup red lentils, rinsed
- 2 cups water or low-sodium vegetable broth
- 1 tbsp olive oil
- 1 small garlic clove, minced
- ½ tsp ground cumin
- ¼ tsp turmeric (optional)
- 1 tbsp lemon juice
- Salt to taste
- 2–3 tbsp warm water

### Soft Flatbread

- 2–3 whole grain flatbreads or soft pita
- Optional:** light brushing of olive oil

### USEFUL TIPS:

- Increase garlic and lemon juice for a brighter flavor.
- Use gluten-free flatbread or soft corn tortillas if needed.
- Swap red lentils with yellow split peas or cooked white beans for variety.
- Pair with a small side salad or vegetable soup for a light but balanced mini-meal.
- Store the lentil dip in the refrigerator for 4–5 days in an airtight container.
- Freeze portions for up to 3 months; thaw and reheat gently with added water.
- Flatbread is best stored separately at room temperature or frozen for longer storage.

**CALORIES: 210**

**PROTEIN: 13g**

**CARBS: 32g**

**FAT: 4g**

**FIBER: 8g**



## Seed & Nut Savory Crackers



**Prep**

10 Mins



**Time**

40 Mins



**Servings**

12



**Level**

Easy

These savory crackers provide a concentrated source of plant protein, healthy fats, magnesium, and fiber, which are essential for maintaining muscle strength, supporting heart health, and promoting digestive regularity in older adults. Almonds and seeds supply vitamin E and omega-6 fatty acids, which support brain and skin health, while flaxseed contributes omega-3 fats that may help reduce inflammation. The combination of nuts and seeds also offers minerals such as zinc and calcium, supporting immune function and bone health.

### INGREDIENTS

- ½ cup ground almonds
- 2 tbsp ground flaxseed (flax meal)
- 2 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp sesame seeds
- ½ tsp baking powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt (or to taste)
- 2–3 tbsp water (as needed)
- 1 tsp olive oil

### DIRECTIONS

1. Preheat the oven to 325°F (165°C).
2. In a bowl, combine almond meal, flaxseed, pumpkin, sunflower, and sesame seeds with baking powder, garlic powder, onion powder, and salt.
3. Stir in olive oil and water until a soft, slightly sticky dough forms.
4. Place dough between two sheets of parchment and roll into a thin rectangle.
5. Use a knife or pizza cutter to score into small squares or rectangles.
6. Bake for 20 minutes, remove and break. Return to the oven and bake another 15–20 minutes until dry and crisp.

#### USEFUL TIPS:

- Replace sesame seeds with chia seeds for extra omega-3 fats, if desired.
- Use ground sunflower seeds instead of almonds for nut-free crackers as a substitute.
- Add a pinch of mild chili powder or smoked paprika for spicy flavor.
- Serve with hummus, white bean spread, tofu cottage-style dip, or avocado mash.
- Store crackers in an airtight container at room temperature for 7–10 days.
- Freeze for up to 3 months and re-crisp in the oven before serving.

**CALORIES: 160**

**PROTEIN: 9g**

**CARBS: 6g**

**FAT: 13g**

**FIBER: 3g**

# Chia & Oat Bites



**Prep**  
10 Mins



**Time**  
30 Mins



**Servings**  
12



**Level**  
Easy

Chia & Oat Bites provide a balanced mix of plant protein, fiber, and healthy fats, supporting steady energy levels and helping seniors maintain muscle and metabolic health. Chia and flaxseeds contribute omega-3 fatty acids, which support heart and brain health and may reduce inflammation. Oats provide beta-glucan fiber, which supports digestion and helps stabilize blood sugar.



## DIRECTIONS

1. Combine oats, chia seeds, and ground flaxseed.
2. Stir in nut butter, maple syrup, vanilla, and salt. Add soy milk gradually until the mixture is sticky but not wet.
3. Scoop tablespoon-sized portions and roll into small balls.
4. Place on a plate or tray and refrigerate for at least 30 minutes to firm up.
5. Enjoy chilled or at room temperature.

## INGREDIENTS

- 1 cup rolled oats
- 2 tbsp chia seeds
- 2 tbsp ground flaxseed
- ½ cup peanut butter or almond butter
- 3 tbsp maple syrup or honey-style vegan syrup
- 2–4 tbsp soy milk (as needed)
- 1 tsp vanilla extract
- Pinch of salt
- Optional Add-Ins:**
- 1–2 tbsp chopped nuts (almonds or walnuts)
- 1–2 tbsp dark chocolate chips
- 1 tbsp shredded coconut

## USEFUL TIPS:

- Use quick oats for softer bites that are easier to chew.
- If the mixture is too dry, add 1 tablespoon of soy milk at a time.
- Enjoy with tea or coffee for a light, protein-rich treat.
- Swap maple syrup with mashed ripe banana or date paste for natural sweetness.
- Store in an airtight container in the refrigerator for 7–10 days.
- Freeze for up to 3 months; thaw for 5–10 minutes before eating.

**CALORIES: 150**

**PROTEIN: 8g**

**CARBS: 14g**

**FAT: 9g**

**FIBER: 4g**



# White Bean & Rosemary Crackers



**Prep**  
10 Mins



**Time**  
35 Mins



**Servings**  
12



**Level**  
Easy

These crackers provide a senior-friendly source of plant protein, fiber, and complex carbohydrates, supporting muscle maintenance and steady energy levels. White beans supply folate, potassium, and iron, which support heart health, circulation, and cognitive function. Oats and flaxseed add beta-glucan fiber and omega-3 fats, promoting digestive health and helping manage cholesterol.

## INGREDIENTS

1 cup cooked white beans  
drained and mashed  
½ cup oat flour (or finely  
ground rolled oats)  
2 tbsp ground flaxseed  
1 tbsp olive oil  
1 tsp fresh or dried rosemary,  
finely chopped  
¼ tsp garlic powder  
¼ tsp onion powder  
½ tsp baking powder  
¼–½ tsp salt (to taste)  
2–4 tbsp water

## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Mash white beans until smooth or slightly textured.
3. Add oat flour, flaxseed, olive oil, rosemary, garlic powder, onion powder, baking powder, and salt. Stir well. Add water gradually until a soft, spreadable dough forms.
4. Place dough between two sheets of parchment and roll into a thin layer (1–2 mm thick).
5. Use a knife or pizza cutter to score into small squares or rectangles.
6. Bake for 20 minutes, remove and break along scored lines, then return to the oven for 10–15 minutes until lightly golden and crisp. Cool completely before storing.

### USEFUL TIPS:

- Add 1–2 tbsp nutritional yeast for a savory depth.
- Add lemon zest and parsley or thyme for flavor variations.
- Serve with white bean spread, hummus, avocado mash, or tofu cottage-style dip.
- Store in an airtight container at room temperature for 5–7 days.
- Freeze for up to 2 months; reheat briefly in the oven to restore crispness.

**CALORIES: 140**

**PROTEIN: 9g**

**CARBS: 18g**

**FAT: 4g**

**FIBER: 4g**

# Soy Flour & Garlic Crackers



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
8-12



**Level**  
Easy

These crackers are a concentrated source of high-quality plant protein, supporting muscle maintenance and recovery. Soy flour provides complete protein with essential amino acids, along with iron, calcium, and isoflavones that support bone and heart health. Whole grains and flaxseed contribute fiber and omega-3 fats, promoting digestion and helping regulate cholesterol.



## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Combine soy flour, whole wheat or oat flour, flaxseed, garlic powder, onion powder, baking powder, and salt.
3. Stir in olive oil and water gradually until a soft, workable dough forms.
4. Place dough between two sheets of parchment paper and roll into a thin sheet (1–2 mm thick).
5. Cut into small squares or rectangles using a knife or pizza cutter.
6. Bake for 12–15 minutes, flip, and bake another 8–10 minutes until lightly golden and crisp. Cool completely.

## INGREDIENTS

- ½ cup soy flour
- ½ cup whole wheat flour or oat flour
- 1 tbsp ground flaxseed
- 1 tsp garlic powder
- ¼ tsp onion powder
- ½ tsp baking powder
- ¼–½ tsp salt (to taste)
- 1 tbsp olive oil
- ¼–½ cup water (as needed)
- Optional:**
- ½ tsp dried herbs (rosemary, thyme, or oregano)
- Pinch of black pepper

### USEFUL TIPS:

- Substitute olive oil with avocado oil or omit oil and add extra water for a lighter version.
- If crackers brown too quickly, reduce oven temperature slightly and extend baking time.
- Add a pinch of smoked paprika or mild chili flakes for spice flavor.
- Pair with hummus, white bean spread, tofu cottage-style dip, or avocado mash.
- Store in an airtight container at room temperature for 7–10 days.
- Freeze for up to 3 months; reheat in the oven to re-crisp.

**CALORIES: 120**

**PROTEIN: 11g**

**CARBS: 14g**

**FAT: 3g**

**FIBER: 3g**

# Vegan Cheese-Flavored Almond Crackers



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
8-10



**Level**  
Easy

Almond flour contributes plant protein, vitamin E, and magnesium, nutrients that support muscle function, brain health, and heart health. Nutritional yeast adds B vitamins, which are essential for energy production and nervous system function, while flaxseed provides omega-3 fatty acids and fiber, supporting digestion and helping reduce inflammation.

## INGREDIENTS

1 cup almond flour  
2 tbsp nutritional yeast  
(for cheesy flavor)  
1 tbsp ground flaxseed  
½ tsp garlic powder  
¼ tsp onion powder  
½ tsp baking powder  
¼–½ tsp salt (to taste)  
1 tbsp olive oil  
2–4 tbsp water (as needed)

### Optional Add-Ins:

Pinch of turmeric (for color)  
¼ tsp smoked paprika or  
black pepper  
½ tsp dried herbs (thyme or  
oregano)

## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Combine almond flour, nutritional yeast, flaxseed, garlic powder, onion powder, baking powder, and salt.
3. Stir in olive oil and water gradually until a soft, workable dough forms.
4. Place dough between two sheets of parchment paper and roll to about 1–2 mm thickness.
5. Score into crackers using a knife or pizza cutter.
6. Bake for 10–12 minutes, flip, and bake another 8–10 minutes until lightly golden and crisp. Cool completely.

### USEFUL TIPS:

- For extra crispness, turn off the oven and leave crackers inside for 5 minutes.
- Replace almond flour with cashew flour for nut-free crackers.
- Serve with white bean spread, hummus, tofu cottage-style dip, or soft avocado mash.
- Freeze for up to 3 months; reheat briefly in the oven to re-crisp.
- Store in an airtight container at room temperature for 5–7 days.

**CALORIES: 130**

**PROTEIN: 8g**

**CARBS: 6g**

**FAT: 10g**

**FIBER: 2g**

# Chickpea Flour & Herb Crackers



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
8-12



**Level**  
Easy

Chickpea flour is rich in protein, iron, and folate, nutrients that help maintain healthy blood cells and support energy levels, while flaxseed contributes omega-3 fatty acids and fiber for heart health and digestion. The added herbs offer antioxidants that help protect cells from oxidative stress, making these crackers a flavorful and functional snack for healthy aging.



## DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Mix dry ingredients in a bowl: chickpea flour, flaxseed, baking powder, salt, herbs, and garlic powder.
3. Add olive oil and water, stirring until a smooth, pliable dough forms.
4. Roll the dough between two sheets of parchment paper to a thin layer (1–2 mm thick).
5. Score into crackers with a knife or pizza cutter.
6. Bake for 12–15 minutes, flip crackers, then bake another 8–10 minutes until lightly golden and crisp. Cool completely.

## INGREDIENTS

- 1 cup chickpea flour (besan)
  - 1 tbsp ground flaxseed
  - ½ tsp baking powder
  - ½ tsp salt (or to taste)
  - 1 tsp dried herbs (rosemary, thyme, oregano, or Italian seasoning)
  - ½ tsp garlic powder
  - 1 tbsp olive oil
  - ⅓–½ cup water (as needed)
- Optional Add-Ins:**
- Pinch of black pepper or smoked paprika
  - 1 tbsp nutritional yeast for a savory flavor

## USEFUL TIPS:

- Let crackers cool completely before storing to prevent moisture buildup.
- Use half chickpea flour and half oat flour for a milder taste and softer texture.
- Add oregano, basil, and a pinch of sun-dried tomato powder for Mediterranean flavor.
- Serve with hummus, white bean spread, tofu cottage-style dip, or mashed avocado.
- Store in an airtight container at room temperature for 7–10 days.
- Freeze for up to 3 months; reheat in the oven for a few minutes to refresh crispness.

**CALORIES: 110**

**PROTEIN: 9g**

**CARBS: 15g**

**FAT: 3g**

**FIBER: 3g**

# DINNER

Baked Tofu with Herb Gravy and Soft Vegetables

Lentil & Vegetable Shepherd's Pie

Chickpea & Spinach Coconut Curry

Red Lentil Pasta with Creamy Tomato Sauce

Tofu & Mushroom Stroganoff

Black Bean & Sweet Potato Casserole

Tofu "Ricotta" Pasta Bake

Baked Lentil Loaf with Mushroom Gravy

White Bean & Mushroom Cottage Pie

Classic Vegan Lentil Lasagna





## Baked Tofu with Herb Gravy and Soft Vegetables



**Prep**  
15 Mins



**Time**  
40 Mins



**Servings**  
2



**Level**  
Easy

This meal delivers high-quality plant protein from tofu; vegetables provide fiber, vitamins A and C, and potassium, supporting digestion, immune function, and heart health. The herb gravy adds flavor without heavy fats, and herbs contribute antioxidants to protect cells from age-related oxidative stress. **Key Nutrients:** Protein, fiber, vitamin A, vitamin C, potassium, calcium (from tofu), iron (from tofu).

### INGREDIENTS

#### For the Tofu:

14 oz (400 g) firm tofu, drained  
1 tbsp olive oil  
1 tsp garlic powder  
½ tsp smoked paprika  
½ tsp salt

#### For the Herb Gravy:

1 cup vegetable broth  
2 tbsp whole wheat flour or chickpea flour  
1 tbsp olive oil or vegan butter  
1 tsp soy sauce or tamari  
½ tsp dried thyme  
½ tsp dried rosemary  
½ tsp black pepper

#### For the Soft Vegetables:

1 cup carrots, sliced thin  
1 cup zucchini or yellow squash, sliced  
1 cup cauliflower florets  
1 tsp olive oil  
Pinch of salt and herbs ( thyme, parsley)

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Slice pressed tofu into cubes or slabs. Toss with olive oil, garlic powder, smoked paprika, and salt. Spread on the baking sheet. Bake for 25–30 minutes, flipping halfway.
3. Toss vegetables with olive oil, salt, and optional herbs. Arrange on a separate baking sheet or alongside tofu. Roast for 20–25 minutes.
4. Heat olive oil or vegan butter over medium heat. Whisk in flour to make a roux, and cook for 1–2 minutes. Gradually add vegetable broth, whisking to avoid lumps. Stir in soy sauce, thyme, rosemary, and pepper. Simmer 5–7 minutes until thickened.
5. Plate baked tofu with roasted vegetables and pour herb gravy over the top. Serve warm.

#### USEFUL TIPS:

- Press tofu thoroughly to remove excess water for better texture.
- For a crispier tofu, broil for 2–3 minutes at the end.
- Squeeze lemon over vegetables before serving.
- Serve with quinoa, brown rice, or mashed sweet potatoes
- Store tofu, vegetables, and gravy separately in airtight containers in the fridge for up to 3–4 days.
- Freeze cooked portions for up to 2 months.

**CALORIES: 300**

**PROTEIN: 22g**

**CARBS: 18g**

**FAT: 15g**

**FIBER: 5g**

# Lentil & Vegetable Shepherd's Pie



**Prep**  
20 Mins



**Time**  
40 Mins



**Servings**  
4



**Level**  
Moderate

This pie provides plant-based protein and iron from lentils, helping maintain muscle strength and prevent fatigue. The vegetables contribute fiber, antioxidants, and potassium, supporting digestion, heart health, and blood pressure balance. Potatoes add gentle carbohydrates for energy, while the low saturated fat content makes this dish supportive of cardiovascular health. **Key Nutrients:** Plant protein, iron, fiber, potassium, vitamin C, B vitamins, antioxidants.



## DIRECTIONS

1. Boil potatoes in lightly salted water for 15–20 minutes until very soft. Drain and mash with plant milk, olive oil, and salt until smooth.
2. Heat olive oil in a skillet. Sauté onion, carrot, celery, and mushrooms for 5–7 minutes until soft. Stir in tomato paste, lentils, broth, soy sauce, thyme, and rosemary. Simmer for 5 minutes until thickened.
3. Spread the lentil mixture in a small baking dish. Spoon mashed potatoes evenly on top and smooth with a fork.
4. Bake at 375°F (190°C) for 20–25 minutes.

## INGREDIENTS

### For the Lentil Vegetable Filling:

- 1 cup cooked green or brown lentils (½ cup dry lentils)
- 1 tbsp olive oil
- 1 small onion, finely diced
- 1 carrot, diced small
- 1 celery stalk, diced
- 1 cup mushrooms, chopped
- 1 tbsp tomato paste
- 1 cup vegetable broth
- 1 tbsp soy sauce or tamari
- 1 tsp dried thyme
- ½ tsp dried rosemary
- Black pepper to taste

### For the Mashed Potato Topping:

- 2 cups potatoes, peeled, cubed
- 2 tbsp unsweetened soy or almond milk
- 1 tbsp olive oil or vegan butter
- ¼ tsp salt

### USEFUL TIPS:

- Let pie rest 5 minutes before serving.
- Add minced garlic for deeper savory flavor.
- Use sweet potatoes instead of white potatoes for extra vitamin A and natural sweetness.
- Serve with steamed green beans, peas, or a soft leafy greens salad.
- Store in the refrigerator for 3–4 days in an airtight container.
- Freeze individual portions for up to 2 months for easy reheating.

**CALORIES: 320**

**PROTEIN: 20g**

**CARBS: 48g**

**FAT: 7g**

**FIBER: 12g**



## Chickpea & Spinach Coconut Curry



**Prep**  
10 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Easy

This curry provides plant-based protein and iron to help preserve muscle and prevent anemia. Coconut milk offers healthy fats that support energy needs and nutrient absorption. Spinach contributes folate, magnesium, and antioxidants, supporting brain function, heart health, and healthy aging. The gentle spices may also aid digestion and circulation. **Key Nutrients:** Plant protein, iron, fiber, magnesium, folate, vitamin A, healthy fats.

### INGREDIENTS

#### For the Curry:

- 1 tbsp olive oil or coconut oil
- 1 small onion, finely chopped
- 1 tsp fresh grated ginger
- 1 tbsp mild curry powder
- 1 cup canned crushed tomatoes
- 1 can (15 oz / 400 g) chickpeas, drained and rinsed
- 1 cup light coconut milk
- 1 cup fresh spinach, chopped
- ½ cup vegetable broth
- ½ tsp salt (or to taste)
- Black pepper to taste

#### For Serving (Optional):

- Cooked brown rice, basmati rice, or quinoa
- Fresh cilantro or parsley

### DIRECTIONS

1. Heat oil in a saucepan over medium heat. Add onion and ginger, and cook for 3–4 minutes until soft.
2. Stir in curry powder and cook for 30 seconds to release aroma.
3. Add crushed tomatoes, chickpeas, and coconut milk. Simmer gently for 10–12 minutes, stirring occasionally.
4. Stir in spinach and cook 2–3 minutes until wilted and tender. Season with salt and pepper.

#### USEFUL TIPS:

- Add broth if the curry is too thick.
- Replace coconut milk with cashew cream or soy milk for lower saturated fat.
- Use mild curry powder to avoid irritation for sensitive palates.
- Spoon over cooked rice or quinoa, or mashed sweet potatoes.
- Refrigerate in an airtight container for 3–4 days.
- Freeze for up to 2 months; thaw overnight and reheat with a splash of water or milk.

**CALORIES: 300**

**PROTEIN: 16g**

**CARBS: 28g**

**FAT: 16g**

**FIBER: 9g**

# Red Lentil Pasta with Creamy Tomato Sauce



**Prep**  
10 Mins



**Time**  
20 Mins



**Servings**  
4



**Level**  
Easy

This dish delivers high-quality plant protein to help maintain muscle strength and energy levels. Tomatoes provide lycopene and vitamin C, supporting heart health and immune function, while nutritional yeast adds B vitamins important for nerve and brain health. The sauce offers healthy fats and improves appetite. **Key Nutrients:** Plant protein, fiber, B vitamins, lycopene, vitamin C, healthy fats.



## DIRECTIONS

1. Bring a pot of water to a gentle boil. Add red lentil pasta and cook according to package instructions (usually 7–9 minutes). Drain and set aside.
2. Heat olive oil in a saucepan. Add onion (and garlic if using) and cook 3–4 minutes until soft.
3. Stir in crushed tomatoes, milk, nutritional yeast, herbs, pepper, and salt. Simmer for 8–10 minutes.
4. Toss cooked pasta with the creamy tomato sauce until well coated.
5. Garnish with fresh herbs and add soft vegetables if desired.

## INGREDIENTS

### For the Pasta:

- 8 oz (225 g) red lentil pasta
- Water for boiling
- Pinch of salt

### For the Creamy Tomato Sauce:

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 cup canned crushed tomatoes
- ½ cup light coconut milk or unsweetened soy milk
- 2 tbsp nutritional yeast
- ½ tsp dried basil or oregano
- ¼ tsp black pepper
- ¼ tsp salt (or to taste)
- ½ cup vegetable broth (optional, to thin the sauce)

### Optional Toppings:

- Fresh parsley or basil
- Steamed broccoli or spinach

## USEFUL TIPS:

- Add broth if a thinner sauce is desired.
- Red lentil pasta cooks quickly and can become soft; check early to avoid overcooking.
- Serve with soft steamed vegetables like zucchini, carrots, or spinach.
- Use cashew cream instead of coconut or soy milk for a richer texture.
- Refrigerate leftovers in an airtight container for 3–4 days.
- Freeze for up to 2 months; thaw overnight and reheat with a splash of plant milk or broth.

**CALORIES: 320**

**PROTEIN: 22g**

**CARBS: 40g**

**FAT: 10g**

**FIBER: 9g**



## Tofu & Mushroom Stroganoff



**Prep**  
12 Mins



**Time**  
25 Mins



**Servings**  
4



**Level**  
Moderate

This dish provides complete plant protein to support muscle maintenance. Mushrooms contribute B vitamins and antioxidants for brain and immune health, while nutritional yeast adds B12-fortified nutrients often lacking in vegan diets. The sauce helps stimulate appetite, supporting adequate calorie and protein intake. **Key Nutrients:** Complete plant protein, B vitamins (including B12-fortified yeast), selenium, fiber, healthy fats.

### INGREDIENTS

#### For the Stroganoff:

12 oz (340 g) firm tofu, drained and cubed

1 tbsp olive oil

1 small onion, finely chopped

1 cup sliced mushrooms

1 clove garlic, minced

1 cup low-sodium vegetable broth

½ cup soy or oat milk

2 tbsp nutritional yeast

1 tbsp Dijon mustard

1 tbsp soy sauce or tamari

1 tbsp flour (whole wheat)

½ tsp paprika

½ tsp black pepper

Salt to taste

#### For Serving:

8 oz (225 g) whole-grain or chickpea pasta (or soft mashed potatoes for easy chewing)

Fresh parsley

### DIRECTIONS

1. Cook pasta or potatoes according to package directions. Keep warm.
2. Heat olive oil in a large pan over medium heat. Add tofu and cook 5–7 minutes until lightly golden.
3. In the same pan, sauté onion and mushrooms for 6–8 minutes until soft and lightly browned. Add garlic and cook for 30 seconds.
4. Sprinkle flour over vegetables, stir, then slowly add broth and milk. Stir until thickened.
5. Add nutritional yeast, mustard, soy sauce, paprika, pepper, and salt. Simmer 3–5 minutes.
6. Return tofu to the pan and gently stir. Simmer 2–3 minutes to heat through.

#### USEFUL TIPS:

- Blend the sauce briefly for a smoother consistency.
- Reduce sodium by using no-salt broth and low-sodium soy sauce.
- Swap tofu with cooked white beans, lentils, or tempeh crumbles.
- Serve stroganoff over pasta, quinoa, buckwheat groats, or mashed potatoes.
- Refrigerate in an airtight container for 3–4 days.
- Freeze for up to 2 months; reheat with a splash of plant milk.

**CALORIES: 360**

**PROTEIN: 26g**

**CARBS: 42g**

**FAT: 12g**

**FIBER: 8g**

# Black Bean & Sweet Potato Casserole



**Prep**  
15 Mins



**Time**  
40 Mins



**Servings**  
4



**Level**  
Moderate

This casserole delivers plant-based protein and complex carbohydrates to support muscle health and sustained energy. Sweet potatoes provide beta-carotene and potassium for immune and heart health, while black beans offer fiber and iron to support digestion and circulation. The creamy topping adds B vitamins from nutritional yeast, helping meet nutrient needs. **Key Nutrients:** Plant protein, fiber, potassium, beta-carotene (vitamin A), iron, B vitamins.



## DIRECTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a medium baking dish.
2. Boil or steam diced sweet potatoes for 8–10 minutes until just tender; drain.
3. In a pan, heat olive oil and sauté onion and bell pepper for 5–6 minutes until soft. Add garlic, cumin, paprika, pepper, and salt.
4. Stir in black beans, corn, and tomatoes. Cook 2–3 minutes.
5. Spread sweet potatoes in the baking dish, top with the bean mixture.
6. Whisk milk, nutritional yeast, flour, mustard, and olive oil until smooth. Pour evenly over the casserole.
7. Cover with foil and bake 25 minutes. Uncover and bake 10 more minutes until lightly golden.

## INGREDIENTS

### For the Casserole Base:

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 red bell pepper, diced
- 1 clove garlic, minced (optional)
- 1½ cups cooked black beans
- ½ cup corn kernels
- ½ cup diced tomatoes
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp black pepper
- Salt to taste

### For the Creamy Topping:

- ½ cup soy or oat milk
- 2 tbsp nutritional yeast
- 1 tbsp flour (whole wheat)
- 1 tbsp Dijon mustard
- 1 tbsp olive oil

## USEFUL TIPS:

- Blend the topping for extra smoothness.
- Reduce spices for sensitive palates and digestion.
- Swap black beans with pinto beans, kidney beans, or lentils.
- Add a simple avocado or cucumber salad for healthy fats.
- Serve with steamed broccoli, green beans, or sautéed zucchini.
- Refrigerate leftovers in an airtight container for 4 days.
- Freeze portions for up to 3 months; thaw overnight and reheat gently.

**CALORIES: 380**

**PROTEIN: 23g**

**CARBS: 55g**

**FAT: 10g**

**FIBER: 12g**



## Tofu “Ricotta” Pasta Bake



**Prep**  
20 Mins



**Time**  
30 Mins



**Servings**  
4



**Level**  
Moderate

This bake offers high-quality plant protein to support muscle maintenance and healthy aging. Whole-grain or lentil pasta provides complex carbohydrates and fiber for steady energy and digestive health, while tofu delivers calcium, iron, and isoflavones that support bone and heart health. Spinach or zucchini adds vitamin C and antioxidants, making this dish both nourishing and gentle on digestion. **Key Nutrients:** Plant protein, calcium, iron, fiber, B vitamins, antioxidants.

### INGREDIENTS

#### For the Pasta:

8 oz (225 g) whole-grain or lentil pasta  
Water for boiling pasta

#### For the Tofu “Ricotta”:

14 oz (400 g) firm or silken tofu, drained  
2 tbsp nutritional yeast  
1 tbsp lemon juice  
1 tbsp olive oil  
1 small clove garlic (optional)  
2–3 tbsp unsweetened soy or oat milk  
½ tsp salt and black pepper to taste

#### For the Sauce & Vegetables:

1½ cups low-sodium marinara sauce  
1 cup chopped spinach or zucchini  
½ tsp dried basil or oregano

#### Optional Topping:

2 tbsp vegan shredded cheese or extra nutritional yeast  
Fresh basil or parsley for garnish

### DIRECTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a baking dish.
2. Boil pasta according to package instructions until just tender. Drain.
3. Blend tofu, nutritional yeast, lemon juice, olive oil, milk, garlic, salt, and pepper until creamy but slightly textured.
4. Stir chopped vegetables and herbs into marinara sauce.
5. Mix cooked pasta with sauce and spread in baking dish. Dollop tofu ricotta evenly on top and gently spread.
6. Sprinkle with vegan cheese or extra nutritional yeast.
7. Cover with foil and bake 20 minutes. Uncover and bake 10 minutes until warm and lightly golden.

#### USEFUL TIPS:

- Slightly undercook pasta to prevent mushiness after baking.
- Use mild herbs and reduce garlic for sensitive digestion.
- Use cottage-style vegan ricotta or blended white beans instead of tofu.
- Refrigerate leftovers in an airtight container for 4–5 days.
- Freeze individual portions for up to 3 months; thaw and reheat gently with a splash of plant milk.

**CALORIES: 420**

**PROTEIN: 30g**

**CARBS: 55g**

**FAT: 12g**

**FIBER: 10g**

# Baked Lentil Loaf with Mushroom Gravy



**Prep**  
20 Mins



**Time**  
50 Mins



**Servings**  
6



**Level**  
Moderate

This loaf provides plant-based protein and fiber to support muscle strength, digestion, and stable blood sugar levels. Lentils supply iron, folate, and potassium, while oats contribute beta-glucan fiber for heart health and cholesterol control. Mushroom gravy adds B vitamins and antioxidants. Key Nutrients: Plant protein, iron, folate, fiber, potassium, B vitamins, antioxidants.



## DIRECTIONS

1. Mix ground flaxseed with water and let sit 5 minutes to thicken.
2. Mix ground flaxseed with water and let sit 5 minutes to thicken.
3. In a bowl, mash lentils slightly with a fork. Add oats, carrot, onion, flax egg, tomato paste, soy sauce, olive oil, and spices. Mix until well combined. The texture should be moist but moldable.
4. Press mixture into loaf pan and smooth top. Cover loosely with foil and bake 35 minutes. Remove foil and bake 10–15 minutes until firm and lightly browned.
5. Heat olive oil in a pan. Sauté mushrooms until soft. Stir in flour and cook 1 minute. Slowly whisk in broth, soy sauce, and herbs.
6. Slice loaf and spoon warm mushroom gravy on top. Simmer 5–8 minutes until thickened.

## INGREDIENTS

### For the Lentil Loaf:

- 1 cup cooked green or brown lentils
- ½ cup rolled oats (or oat flour)
- ½ cup finely grated carrot
- ¼ cup finely chopped onion
- 2 tbsp ground flaxseed + 5 tbsp water
- 2 tbsp tomato paste
- 1 tbsp soy sauce or tamari (low sodium)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp dried thyme
- Black pepper to taste

### For the Mushroom Gravy:

- 1 tbsp olive oil
- 1 cup finely chopped mushrooms
- 1 tbsp all-purpose or whole wheat flour
- 1 cup vegetable broth (low sodium)
- 1 tsp soy sauce
- ½ tsp dried thyme or rosemary
- Black pepper to taste

### USEFUL TIPS:

- Blend half the mixture for a smoother loaf.
- If too dry, add 2–3 tablespoons plant milk or broth.
- Add silken tofu to the loaf mixture for extra protein and softness.
- Serve with mashed potatoes, soft polenta, or brown rice.
- Replace lentils with mashed chickpeas or white beans as ingredient swap options.
- Refrigerate slices in an airtight container for 4–5 days.
- Freeze individual slices for up to 3 months; thaw and reheat with gravy or broth.

**CALORIES: 300**

**PROTEIN: 20g**

**CARBS: 40g**

**FAT: 12g**

**FIBER: 8g**



## White Bean & Mushroom Cottage Pie



**Prep**

20 Mins



**Time**

40 Mins



**Servings**

6



**Level**

Moderate

This pie delivers high-quality plant protein and fiber to support muscle health, digestion, and stable blood sugar. White beans provide iron, magnesium, potassium, and folate, while mushrooms contribute B vitamins and antioxidants that support brain and immune health. Potatoes add vitamin C and potassium, supporting heart and muscle function. **Key Nutrients:** Plant protein, fiber, iron, potassium, folate, B vitamins, antioxidants, vitamin C.

### INGREDIENTS

#### For the Bean & Mushroom Filling:

- 2 cups cooked white beans (cannellini or navy), drained, rinsed
- 1 ½ cups finely chopped mushrooms
- ½ cup finely chopped onion
- 1 small carrot, grated
- 1 tbsp olive oil
- 1 tbsp tomato paste
- 1 tbsp soy sauce or tamari
- 1 tsp dried thyme
- ½ tsp garlic powder
- Black pepper to taste
- ½ cup vegetable broth

#### For the Mashed Potato Topping:

- 3 cups peeled and chopped potatoes (about 1.5 lb / 700 g)
- ½ cup unsweetened plant milk
- 1 tbsp olive oil or vegan butter
- Pinch of salt (optional)
- Black pepper to taste

### DIRECTIONS

1. Boil potatoes in salted water for 15–20 minutes until very tender. Drain and mash with plant milk and olive oil until smooth and creamy.
2. Heat olive oil in a pan. Sauté onion, carrot, and mushrooms for 5–7 minutes. Stir in tomato paste, soy sauce, thyme, garlic powder, and broth. Add white beans and gently mash about half of them; simmer 5 minutes.
3. Preheat oven to 375°F (190°C). Spread the bean-mushroom mixture in a baking dish. Spoon mashed potatoes on top and spread evenly.
4. Bake uncovered for 20–25 minutes.

#### USEFUL TIPS:

- Let the pie rest 5 minutes before serving.
- For extra creaminess, blend half the bean filling before layering.
- Serve with steamed green beans, peas, or soft sautéed spinach.
- Refrigerate in an airtight container for 4–5 days.
- Freeze individual portions for up to 3 months; reheat in oven or microwave with a splash of broth.

**CALORIES: 320**

**PROTEIN: 20g**

**CARBS: 45g**

**FAT: 17g**

**FIBER: 12g**

# Classic Vegan Lentil Lasagna



This Lasagna provides complete, balanced plant protein from lentils and tofu to help maintain muscle mass and strength. Lentils contribute fiber, iron, folate, and potassium, supporting heart health, digestion, and stable blood sugar, while tofu offers calcium and protein important for bone health. The tomato-based sauce delivers lycopene and vitamin C, supporting immune function and reducing inflammation. Key Nutrients: Plant protein, fiber, iron, folate, calcium, potassium, lycopene, vitamin C.



## DIRECTIONS

1. Heat olive oil in a pan. Sauté onion and carrot until soft (5–7 minutes). Add lentils, marinara, oregano, basil, and garlic powder. Simmer 5 minutes and lightly mash some lentils for a thick, soft texture.
2. Blend or mash tofu with nutritional yeast, plant milk, lemon juice, and garlic powder until creamy but slightly textured.
3. Preheat oven to 375°F (190°C). Spread a thin layer of lentil sauce in a baking dish. Layer noodles, tofu ricotta, lentil sauce, and optional spinach. Repeat layers, finishing with lentil sauce on top.
4. Cover with foil and bake 30 minutes. Uncover and bake another 10–15 minutes until hot and lightly set. Rest 10 minutes before slicing for cleaner portions.

## INGREDIENTS

### Lentil Tomato Sauce Layer

- 1 ½ cups cooked red or brown lentils
- 2 cups low-sodium marinara sauce
- ½ cup finely chopped onion
- 1 small carrot, grated
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp garlic powder
- Black pepper to taste

### Creamy Tofu “Ricotta” Layer

- 12 oz (350 g) firm tofu, drained
- 2 tbsp nutritional yeast
- 2 tbsp unsweetened plant milk
- 1 tbsp lemon juice
- ½ tsp garlic powder
- Pinch of salt (optional)

### Other Layers

- 9–12 whole-grain lasagna noodles
- 1 cup finely chopped spinach or zucchini

## USEFUL TIPS:

- Use no-boil lasagna noodles to reduce prep work.
- Add extra tofu ricotta between layers for higher protein.
- Add rosemary, thyme, and a pinch of nutmeg to the tofu ricotta for flavor variation.
- Serve with soft steamed green beans, zucchini, or spinach.
- Refrigerate leftovers for 4–5 days in an airtight container.
- Freeze individual slices for up to 3 months; reheat with a splash of water or sauce to keep moist.

**CALORIES: 360**

**PROTEIN: 24g**

**CARBS: 45g**

**FAT: 8g**

**FIBER: 13g**

# DESSERTS

Baked Cinnamon Apples with Almond Butter  
Vegan Protein Rice Pudding  
Banana Peanut Butter Soft Cookies  
Tofu Lemon Cheesecake Cups (No-Bake)  
Date & Walnut Protein Bites  
Warm Berry Crumble with Oat & Nut Topping  
Chocolate Chickpea Brownies (Soft-Bake)  
Soy Yogurt Chocolate Dip with Soft Fruit  
Almond Butter Banana Pudding  
Vegan Custard with Soy Milk & Vanilla  
Peanut Butter Chocolate Chia Cups  
Silken Tofu Berry Whip  
Soft Lentil Chocolate Cake (Blended Batter)  
Silken Tofu Chocolate Mousse  
Peanut Butter Oat Energy Squares  
Creamy Tofu Pumpkin Pie Cups  
Soy Milk Panna Cotta with Berry Sauce  
Tahini Date Oat Truffles (No-Bake)  
Apple & White Bean Cinnamon Bake  
Vanilla Soy Yogurt Cheesecake Parfaits





## Baked Cinnamon Apples with Almond Butter



**Prep**  
10 Mins



**Time**  
30 Mins



**Servings**  
4



**Level**  
Easy

This warm baked apple dessert provides fiber, antioxidants, and natural sweetness that support digestion and healthy blood sugar control in seniors. Almond butter adds plant-based protein, vitamin E, and healthy monounsaturated fats, which support brain health and reduce inflammation. Cinnamon contributes polyphenols and blood-sugar-balancing compounds.

### INGREDIENTS

- 4 medium apples
- 2 tbsp water or unsweetened apple juice
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 tbsp maple syrup
- 4 tbsp natural almond butter
- 1 tbsp chopped almonds or walnuts

### DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place sliced apples in a baking dish and add water or apple juice.
3. Sprinkle cinnamon and nutmeg over the apples and drizzle with maple syrup.
4. Cover with foil and bake for 20–25 minutes.
5. Remove foil and bake another 5 minutes.
6. Serve warm.

**TIPS:** Serve with almond butter on top (fresh when serving) and sprinkle with chopped nuts. Refrigerate baked apples in an airtight container for 3–4 days. Bake in a single layer to ensure even cooking. Pair with unsweetened soy or almond yogurt.

**CALORIES: 210    PROTEIN: 8g    CARBS: 28g    FAT: 11g    FIBER: 5g    SUGAR: 15g**



## Vegan Protein Rice Pudding



**Prep**  
5 Mins



**Time**  
30 Mins



**Servings**  
4



**Level**  
Easy

This pudding delivers plant-based protein to help preserve muscle mass and strength, while rice provides gentle, easily digestible carbohydrates for sustained energy. Fortified soy milk contributes calcium and vitamin D for bone health, and added seeds supply fiber and omega-3 fatty acids to support digestion and heart health. Key Nutrients: Plant protein, calcium, vitamin D, fiber, omega-3s, B vitamins, magnesium.

### INGREDIENTS

- 1 cup cooked rice (white, brown)
- 2 cups unsweetened soy milk
- 2 tbsp vanilla protein powder
- 1–2 tbsp maple syrup
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- Pinch of salt
- 1 tbsp chia seeds or flaxseed
- 2 tbsp raisins or finely chopped dates

### DIRECTIONS

1. Combine cooked rice, soy milk, cinnamon, and salt in a saucepan.
2. Simmer on low heat for 15–20 minutes.
3. Stir in maple syrup, vanilla extract, and protein powder until fully blended.
4. Add chia seeds or flaxseed and cook 2–3 minutes more to thicken.
5. Remove from heat and let rest 5 minutes to reach pudding-like consistency.

**TIPS:** Optional topping: 2 tbsp chopped almonds or walnuts, fresh berries, or sliced banana. Store in an airtight container in the refrigerator for 3–4 days. Can be frozen for up to 2 months; thaw overnight in the refrigerator. Reheat with a splash of plant milk.

**CALORIES: 230    PROTEIN: 15g    CARBS: 32g    FAT: 6g    FIBER: 6g    SUGAR: 10g**

# Banana Peanut Butter Soft Cookies



**Prep**  
10 Mins



**Time**  
15 Mins



**Servings**  
12



**Level**  
Easy

These cookies provide plant-based protein from peanut butter and protein powder to support muscle maintenance and strength. Bananas supply potassium and natural carbohydrates that help sustain energy and support heart health, while oats contribute soluble fiber to aid digestion and cholesterol control. Healthy fats from peanuts support brain and cardiovascular health.

## DIRECTIONS

1. Preheat oven to 350°F (175°C). 2. Mash bananas until smooth. 3. Stir in peanut butter, vanilla, and cinnamon. 4. Mix in oat flour, protein powder, and salt until combined. 5. Scoop spoonfuls onto the baking sheet and flatten gently with a fork. 6. Bake for 12–15 minutes, cool before serving.

**TIPS:** Store in an airtight container in the refrigerator for up to 5 days. Freeze for up to 3 months; thaw at room temperature before eating. If batter is too thick, add 1–2 tbsp plant milk. For softer cookies, slightly underbake.



## INGREDIENTS

2 ripe bananas  
½ cup natural peanut butter  
¼ cup oat flour  
2 tbsp soy protein powder  
1 tsp vanilla extract  
½ tsp cinnamon  
Pinch of salt  
2 tbsp chopped peanuts  
1 tbsp dark chocolate chips

**CALORIES: 180    PROTEIN: 8g    CARBS: 20g    FAT: 9g    FIBER: 3g    SUGAR: 6g**

# Tofu Lemon Cheesecake Cups



**Prep**  
15 Mins



**Time**  
3 Hours



**Servings**  
6



**Level**  
Easy

These cheesecake cups provide high-quality plant protein from tofu and protein powder. Soy-based tofu delivers calcium and isoflavones that support bone health and hormonal balance, while lemon contributes vitamin C and antioxidants that aid immune function and collagen production. Healthy fats from almond butter and optional coconut oil help enhance satiety and support cognitive and cardiovascular health.

## INGREDIENTS

½ cup rolled oats,  
2 tbsp almond butter  
5 tbsp maple syrup  
2–3 tbsp plant milk  
12 oz (340 g) silken tofu  
2 tbsp lemon juice  
1 tsp lemon zest  
2 tbsp soy protein powder  
1 tsp vanilla extract  
Pinch of salt  
1–2 tbsp coconut oil

## DIRECTIONS

1. Mix oats, almond butter, maple syrup, and plant milk. Press into the bottom of small jars or ramekins. 2. Combine tofu, maple syrup, lemon juice, zest, protein powder, vanilla, salt, and coconut oil until silky smooth. 3. Spoon filling over crusts and smooth the top. 4. Chill for 2–3 hours until lightly set.

**TIPS:** Optional toppings: fresh berries, crushed almonds, and mint leaves. Refrigerate in airtight containers for up to 5 days. Freeze for up to 2 months; thaw in the refrigerator for a creamy texture. Skip lemon and add extra vanilla for flavor variation.



**CALORIES: 210    PROTEIN: 12g    CARBS: 22g    FAT: 9g    FIBER: 2g    SUGAR: 9g**



## Date & Walnut Protein Bites



Prep  
15 Mins



Time  
0 Mins



Servings  
12



Level  
Very Easy

These bites combine natural sweetness from dates with healthy fats and plant protein to provide sustained energy and support muscle health. Walnuts supply omega-3 fatty acids that support brain and heart health, while chia or flax seeds add fiber and lignans that promote digestion and anti-inflammatory benefits.

### INGREDIENTS

1 cup pitted Medjool dates  
½ cup walnuts  
3 tbsp almond/peanut butter  
2 tbsp plant-based protein powder (soy, pea, or hemp)  
2 tbsp rolled oats  
1 tbsp chia seeds or flaxseed  
1–2 tbsp plant milk (as needed)  
½ tsp cinnamon  
¼ tsp vanilla extract  
Pinch of salt

### DIRECTIONS

1. Place dates and walnuts in a food processor and pulse until finely chopped. 2. Add nut butter, protein powder, oats, chia or flaxseed, cinnamon, vanilla, and salt. 3. Pulse until the mixture forms a soft, sticky dough. 4. Roll into 12 small bite-sized balls. 5. Roll in cocoa powder, coconut, or crushed nuts if desired. 6. Chill for 20 minutes.

**TIPS:** Add plant milk if too dry. Store in the refrigerator in an airtight container for up to 10 days. Freeze for up to 3 months; thaw at room temperature for 10–15 minutes.

**CALORIES: 110    PROTEIN: 4g    CARBS: 13g    FAT: 6g    FIBER: 2g    SUGAR: 9g**



## Warm Berry Crumble with Oat & Nut Topping



Prep  
10 Mins



Time  
20 Mins



Servings  
4



Level  
Easy

This crumble provides antioxidant-rich berries that support brain health, vision, and cardiovascular function. Oats and chia seeds contribute soluble fiber that improves digestion and helps regulate cholesterol and blood sugar, while nuts and nut butter supply healthy fats and vitamin E for heart and cognitive health. Added plant protein powder enhances amino acid intake.

### INGREDIENTS

2 cups mixed berries  
1 tbsp maple syrup  
1 tsp lemon juice  
1 tbsp chia seeds  
½ tsp cinnamon  
½ cup rolled oats  
½ cup chopped almonds  
2 tbsp almond/peanut butter  
2 tbsp plant-based protein powder  
1 tbsp maple syrup (optional)  
1 tbsp coconut oil or olive oil  
Pinch of salt


### DIRECTIONS

1. Preheat oven to 375°F (190°C). 2. Mix berries, lemon juice, cinnamon, chia seeds, and maple syrup if using. 3. Combine oats, nuts, protein powder, nut butter, oil, maple syrup, and salt. Stir until crumbly. 4. Sprinkle topping evenly over the berry mixture. 5. Bake for 18–22 minutes. Let cool before serving.

**TIPS:** For a softer topping, pulse oats and nuts in a food processor. Refrigerate leftovers in an airtight container for up to 4 days. Freeze individual portions for up to 2 months. Serve with unsweetened soy yogurt or coconut yogurt for extra protein.

**CALORIES: 280    PROTEIN: 12g    CARBS: 32g    FAT: 14g    FIBER: 7g    SUGAR: 12g**

# Chocolate Chickpea Brownies

 **Prep** 10 Mins  **Time** 25 Mins  **Servings** 9  **Level** Easy

These brownies provide plant-based protein and fiber from chickpeas, supporting muscle maintenance and digestive health. Cocoa delivers polyphenols that may support heart and brain health, while nut butter contributes healthy fats and vitamin E for cardiovascular and cognitive function.



## INGREDIENTS

1 (15 oz / 425 g) can chickpeas,  
¼ cup cocoa powder  
¼ cup maple syrup  
¼ cup almond/peanut butter  
¼ cup plant-based milk  
2 tbsp plant-based protein powder (pea, soy, or hemp)  
1 tsp vanilla extract  
½ tsp baking powder  
Pinch of salt  
2 tbsp dark chocolate chips

## DIRECTIONS

1. **Preheat** oven to 350°F (175°C) and line an 8×8-inch baking dish with parchment paper. 2. **Add** chickpeas, cocoa powder, maple syrup, nut butter, plant milk, protein powder, vanilla, baking powder, and salt to a food processor. Blend until smooth. 3. **Fold** in chocolate chips. 4. **Fold** in chocolate chips. 5. **Bake** for 22–28 minutes. 6. **Cool** completely before slicing for best texture.

**TIPS:** Do not overbake; chickpea brownies firm up as they cool. Store in an airtight container in the refrigerator for up to 5 days. Freeze individual squares for up to 2 months; thaw or warm gently. Add oat flour (2–3 tbsp) for a firmer, more cake-like texture.

**CALORIES: 170** **PROTEIN: 9g** **CARBS: 20g** **FAT: 7g** **FIBER: 4g** **SUGAR: 9g**

# Soy Yogurt Chocolate Dip with Soft Fruit

 **Prep** 10 Mins  **Time** 0 Mins  **Servings** 4  **Level** Very Easy

This dessert delivers high-quality plant protein from soy yogurt and optional protein powder, supporting muscle maintenance and satiety. Cocoa provides antioxidant polyphenols that may support heart and brain health, while soft fruits supply natural sugars, vitamin C, potassium, and fiber for digestion and immune support.



## INGREDIENTS

1 cup unsweetened soy yogurt  
2 tbsp cocoa powder  
2 tbsp maple syrup  
1 tbsp nut butter  
1 tbsp plant-based protein powder  
½ tsp vanilla extract  
2–4 tbsp plant milk

## DIRECTIONS

1. **Whisk** soy yogurt, cocoa powder, maple syrup, nut butter, protein powder, and vanilla until smooth. 2. **Add** plant milk a little at a time until the dip is creamy and spoonable. 3. **Arrange** soft sliced fruit on a plate and serve with the chocolate dip.

**TIPS:** Soft fruit options: sliced banana, strawberries, ripe pear, or peach. Store chocolate dip in an airtight container in the refrigerator for up to 4 days. Cut fruit fresh, or store sliced fruit in lemon water for up to 24 hours to prevent browning. Serve with soft whole-grain crackers or oat biscuits for added fiber.

**CALORIES: 160** **PROTEIN: 12g** **CARBS: 24g** **FAT: 4g** **FIBER: 4g** **SUGAR: 14g**



## Almond Butter Banana Pudding



Prep

10 Mins



Time

10 Mins



Servings

4



Level

Easy

This creamy pudding provides plant protein from soy milk and almond butter. Bananas contribute potassium, vitamin B6, and natural carbohydrates that help maintain energy levels and support heart and nerve function. Almond butter adds healthy monounsaturated fats, vitamin E, and magnesium, which support cardiovascular health, brain function, and skin integrity, while cornstarch creates a smooth, easy-to-digest texture suitable for sensitive digestive systems.

### INGREDIENTS

2 cups unsweetened soy milk  
3 tbsp cornstarch powder  
2 tbsp maple syrup  
2 tbsp almond butter (smooth)  
1 tbsp plant-based vanilla protein powder (optional)  
1 tsp vanilla extract  
Pinch of salt  
2 ripe bananas  
1 tbsp chopped almonds  
Pinch cinnamon

### DIRECTIONS

1. Whisk soy milk, cornstarch, maple syrup, almond butter, protein powder, vanilla, and salt until smooth. 2. Cook over medium heat, stirring constantly, until thickened (about 5–8 minutes). 3. Remove from heat and let cool slightly; it will thicken further. 4. Layer banana slices and warm pudding in bowls. 5. Sprinkle with cinnamon and almonds.

**TIPS:** Whisk continuously to prevent lumps; If too thick, whisk in a little extra plant milk. Store in airtight containers in the refrigerator for up to 4 days. Freeze for up to 2 months; thaw overnight in the refrigerator for a pudding-like texture. Pair with chamomile or ginger tea.

**CALORIES: 220**

**PROTEIN: 14g**

**CARBS: 26g**

**FAT: 9g**

**FIBER: 4g**

**SUGAR: 14g**



## Vegan Custard with Soy Milk & Vanilla



Prep

5 Mins



Time

10 Mins



Servings

4



Level

Easy

This custard delivers high-quality plant protein from soy milk and optional protein powder. Soy milk contributes calcium, vitamin D, and isoflavones that support bone health and cardiovascular function. Vanilla and gentle natural sweeteners provide flavor satisfaction with modest sugar, helping regulate appetite and blood sugar levels.

### INGREDIENTS

12 cups unsweetened soy milk  
3 tbsp cornstarch powder  
2 tbsp maple syrup  
1 tbsp plant-based vanilla protein powder  
1 tsp pure vanilla extract  
Pinch turmeric  
Pinch salt  
**Optional:** Berries, banana, stewed apples, cinnamon

### DIRECTIONS

1. Whisk soy milk, cornstarch, maple syrup, protein powder, turmeric, vanilla, and salt until smooth. 2. Cook over medium heat, stirring constantly, until thickened and creamy. 3. Remove from heat and let cool slightly; it will thicken further as it cools. 4. Serve warm or chilled with soft fruit or spice toppings.

**TIPS:** Stir constantly to prevent lumps or sticking; Refrigerate in airtight containers for up to 4 days. Use pea milk or soy-pea blends for higher protein. Freeze for up to 2 months; thaw overnight and whisk to restore creaminess.

**CALORIES: 150**

**PROTEIN: 12g**

**CARBS: 18g**

**FAT: 4g**

**FIBER: 1g**

**SUGAR: 8g**

## Peanut Butter Chocolate Chia Cups

 **Prep** 10 Mins  **Time** 4 Hours  **Servings** 4  **Level** Easy

These chia cups provide a balanced combination of plant protein, healthy fats, and fiber. Chia seeds contribute omega-3 fatty acids and soluble fiber, which help support heart health, digestion, and blood sugar control. Peanut butter and soy milk add protein and essential minerals, while cocoa delivers antioxidants that support brain and cardiovascular health.



### INGREDIENTS

1 ½ cups soy milk  
6 tbsp chia seeds  
3 tbsp maple syrup  
1 tsp vanilla extract  
Pinch salt  
4 tbsp natural peanut butter  
2 tbsp soy yogurt  
2 tbsp dark cocoa powder  
2 tbsp soy milk  
Chopped peanuts or almonds  
Banana slices or soft berries

### DIRECTIONS

**1. For the chia base**, whisk soy milk, chia seeds, 1 tbsp maple syrup, vanilla, and salt. Let sit 5 minutes, whisk again, then refrigerate for at least 2 hours or overnight. **2. For the peanut butter layer**, stir peanut butter, soy yogurt, and 1 tbsp maple syrup until smooth. **3. For the topping**, whisk cocoa powder, soy milk, and 1 tbsp maple syrup until glossy and pourable. **4. Spoon** chia pudding into cups, add a peanut butter layer, then drizzle with chocolate topping.

**TIPS:** Refrigerate in airtight containers for up to 5 days. Freeze individual portions for up to 2 months; thaw overnight in the fridge.

**CALORIES: 260** **PROTEIN: 15g** **CARBS: 22g** **FAT: 15g** **FIBER: 9g** **SUGAR: 10g**

## Silken Tofu Berry Whip

 **Prep** 10 Mins  **Time** 0 Mins  **Servings** 4  **Level** Very Easy

Silken tofu provides complete plant protein and calcium. Berries contribute antioxidants, vitamin C, and fiber that help protect against inflammation and support brain and heart health. The low-fat, high-protein nature of this dessert makes it suitable for weight management and blood sugar stability when lightly sweetened.



### INGREDIENTS

12 oz (340 g) silken tofu,  
1 cup mixed berries  
2 tbsp unsweetened soy yogurt  
1–2 tbsp maple syrup  
1 tsp vanilla extract  
1 tsp lemon juice  
Pinch salt  
**Optional Toppings:**  
Chopped nuts or seeds  
Soft fruit slices  
cocoa powder or cinnamon

### DIRECTIONS

**1. Add** silken tofu, berries, soy yogurt, maple syrup, vanilla, lemon juice, and salt to a blender or food processor. **2. Blend** until smooth and creamy, scraping down the sides as needed. **3. Add** more sweetener or lemon juice if desired. **4. Refrigerate** for 30–60 minutes for a thicker, mousse-like texture. **5. Spoon** into bowls or cups and add optional toppings.

**TIPS:** Refrigerate in airtight containers for up to 4 days. Freeze in small portions for up to 1 month; thaw in the refrigerator and re-blend if needed. If too thick, add a splash of soy milk; if too thin, add more tofu.

**CALORIES: 140** **PROTEIN: 11g** **CARBS: 14g** **FAT: 4g** **FIBER: 4g** **SUGAR: 8g**



## Soft Lentil Chocolate Cake



**Prep**  
10 Mins



**Time**  
30 Mins



**Servings**  
9



**Level**  
Easy

This cake uses blended red lentils to provide plant protein, fiber, and iron while keeping the texture moist and soft. Cocoa contributes antioxidants that support heart and brain health, while oat flour adds beta-glucan fiber for cholesterol and blood sugar control. Nut butter supplies healthy fats and vitamin E, supporting energy and skin health.

### INGREDIENTS

#### Wet Ingredients

1 ½ cups cooked red lentils  
½ cup unsweetened soy milk  
½ cup maple syrup  
½ cup almond/peanut butter  
1 tsp vanilla extract  
1 tbsp apple cider vinegar

#### Dry Ingredients

½ cup cocoa powder  
½ cup oat flour (or blended oats)  
1 tsp baking powder  
½ tsp baking soda  
Pinch salt

### DIRECTIONS

1. **Preheat** oven to 350°F (175°C). Line or lightly grease an 8×8-inch baking dish. 2. **Blend** lentils, soy milk, maple syrup, nut butter, vanilla, and vinegar until completely smooth. 3. **Blend** lentils, soy milk, maple syrup, nut butter, vanilla, and vinegar in a bowl until completely smooth. 4. **Stir** the dry mixture into the blended batter. 5. **Pour** into the prepared pan and smooth the top. Bake for 28–32 minutes, until a toothpick comes out mostly clean.

**TIPS:** Cool completely before slicing for best texture. Store covered in the refrigerator for up to 5 days. Freeze individual slices for up to 2 months; thaw overnight in the fridge.

**CALORIES: 180**   **PROTEIN: 9g**   **CARBS: 26g**   **FAT: 6g**   **FIBER: 6g**   **SUGAR: 10g**



## Silken Tofu Chocolate Mousse



**Prep**  
10 Mins



**Time**  
60 Mins



**Servings**  
4



**Level**  
Very Easy

Silken tofu provides complete plant protein and calcium, supporting muscle maintenance and bone health in older adults. Cocoa delivers antioxidants that may help protect the heart and brain, while nut butter contributes healthy fats and vitamin E for energy and skin health.

### INGREDIENTS

12 oz (340 g) silken tofu  
½ cup cocoa powder  
3 tbsp maple syrup  
2 tbsp almond/peanut butter  
2–4 tbsp soy milk  
1 tsp vanilla extract  
Pinch of salt  
Fresh berries  
Chopped nuts  
Coconut yogurt

### DIRECTIONS

1. **Add** silken tofu, cocoa powder, maple syrup, nut butter, soy milk, vanilla, and salt to a blender or food processor. 2. **Blend** until completely smooth and creamy. 3. **Spoon** into small serving cups. Chill for 30–60 minutes for a thicker mousse. 5. **Add** optional toppings: berries, nuts or yogurt.

**TIPS:** Store covered in the refrigerator for up to 4 days. Freeze in small cups for up to 1 month; thaw in the fridge for a soft, pudding-like texture. Add more soy milk for a softer pudding consistency.

**CALORIES: 180**   **PROTEIN: 14g**   **CARBS: 16g**   **FAT: 9g**   **FIBER: 3g**   **SUGAR: 9g**

# Peanut Butter Oat Energy Squares



**Prep**  
10 Mins



**Time**  
60 Mins



**Servings**  
12



**Level**  
Very Easy

These energy squares provide a balanced mix of plant protein, healthy fats, and complex carbohydrates. Oats contribute beta-glucan fiber for heart health and digestion, while peanut butter delivers protein, vitamin E, and magnesium for brain and nerve function. Flaxseed or chia adds omega-3 fats, supporting cardiovascular and cognitive health.



## INGREDIENTS

1½ cups rolled oats  
¼ cup natural peanut butter  
¼ cup maple syrup  
¼ cup soy or almond milk  
2 tbsp flaxseed or chia seeds  
2 tbsp vanilla vegan protein powder  
½ tsp vanilla extract, salt  
**Optional Toppings:**  
Melted dark chocolate drizzle  
Chopped peanuts  
Coconut flakes

## DIRECTIONS

1. **Mix** oats, flaxseed, and protein powder. 2. **Warm** peanut butter and maple syrup slightly (microwave 20–30 seconds) until pourable. 3. **Stir** peanut butter mixture, soy milk, vanilla, and salt into the dry ingredients until well combined. 4. **Press** the mixture firmly into a parchment-lined 8×8-inch pan. 5. **Refrigerate** for 30–60 minutes until firm. Cut into squares and serve. Add toppings.

**TIPS:** Store in an airtight container in the refrigerator for up to 7 days. Freeze for up to 2 months; thaw in the fridge or at room temperature. Add a splash of milk if the mixture feels too dry.

**CALORIES: 170    PROTEIN: 9g    CARBS: 17g    FAT: 9g    FIBER: 3g    SUGAR: 7g**

# Creamy Tofu Pumpkin Pie Cups



**Prep**  
10 Mins



**Time**  
2 Hours



**Servings**  
6



**Level**  
Easy

These pie cups deliver plant protein from tofu and optional protein powder. Pumpkin is rich in beta-carotene (vitamin A), supporting vision, immune function, and skin health, while its fiber aids digestion and blood sugar control. Healthy fats from almond butter and tofu enhance nutrient absorption and provide long-lasting energy.



## INGREDIENTS

1 cup canned pumpkin purée  
1 cup silken tofu  
3 tbsp maple syrup  
2 tbsp vanilla vegan protein powder  
1 tsp pumpkin pie spice  
½ tsp vanilla extract, salt  
2–4 tbsp soy/almond milk  
**Crust Layer:** ½ cup oat flour  
1 tbsp almond butter  
1 tbsp maple syrup  
1–2 tbsp soy milk

## DIRECTIONS

1. **Mix** oat flour, almond butter, maple syrup, and soy milk until soft and crumbly. Press into the bottom of small cups or jars. 2. **Add** pumpkin purée, silken tofu, maple syrup, protein powder, spices, vanilla, salt, and milk to a blender. Blend until smooth and creamy. 3. **Spoon** filling over crusts and smooth the tops. 4. **Spoon** filling over crusts and smooth the tops. Add toppings before serving.

**TIPS:** Optional toppings - soy yogurt or coconut yogurt, chopped walnuts or pecans, and cinnamon sprinkle. Refrigerate in sealed containers for up to 5 days. Refrigerate in sealed containers for up to 5 days. Stir before serving if separation occurs.

**CALORIES: 180    PROTEIN: 12g    CARBS: 22g    FAT: 6g    FIBER: 4g    SUGAR: 10g**



## Soy Milk Panna Cotta with Berry Sauce

 **Prep** 10 Mins  **Time** 10 Mins  **Servings** 6  **Level** Easy

This dessert combines soy protein and optional protein powder. Berries provide antioxidants and vitamin C, supporting immune function and reducing inflammation. Agar-agar adds fiber for gut health, while the low-fat soy milk delivers heart-healthy protein without cholesterol.

### INGREDIENTS

2 cups unsweetened soy milk  
1 tbsp agar-agar powder  
3 tbsp maple syrup or date syrup  
2 tbsp vanilla protein powder  
1 tsp vanilla extract  
Pinch of salt  
**Berry Sauce:** 1 cup mixed berries  
1–2 tsp maple syrup  
½ tsp lemon juice

### DIRECTIONS

1. **Combine** soy milk, agar-agar, maple syrup, protein powder, vanilla, and salt. Bring to a gentle boil over medium heat, whisking constantly for 2–3 minutes until agar-agar is fully dissolved. 2. **Pour** the mixture into small cups or molds. Let cool to room temperature, then refrigerate for 2–3 hours until firm. 3. **Simmer** berries, maple syrup, and lemon juice for 5 minutes until slightly thickened in a saucepan. Mash lightly with a fork. Spoon berry sauce over chilled panna cotta before serving.

**TIPS:** Refrigerate in sealed cups for up to 4 days. Do not freeze, as texture may change. Whisk constantly when heating agar-agar to prevent clumping.

**CALORIES: 120** **PROTEIN: 8g** **CARBS: 16g** **FAT: 3g** **FIBER: 2g** **SUGAR: 10g**



## Tahini Date Oat Truffles

 **Prep** 15 Mins  **Time** 30 Mins  **Servings** 12  **Level** Easy

These truffles deliver plant-based protein from tahini and optional protein powder. Dates provide natural sweetness along with fiber, potassium, and antioxidants, helping maintain energy levels and gut health. Oats contribute additional protein, fiber, and slow-digesting carbohydrates, which support blood sugar balance and sustained energy.

### INGREDIENTS

1 cup medjool dates (pitted)  
½ cup tahini (sesame seed paste)  
½ cup rolled oats (or oat flour for smoother texture)  
2 tbsp vanilla vegan protein powder (optional)  
1 tsp cinnamon  
Pinch of salt  
2–3 tbsp water  
shredded coconut, cocoa powder, or crushed nuts

### DIRECTIONS

1. **Combine** dates, tahini, oats, protein powder, cinnamon, and salt and blend in a food processor until a sticky, uniform dough forms. Add water 1 tbsp at a time if mixture is too thick. 2. **Roll** mixture into 12 small balls. 3. **Roll** in shredded coconut, cocoa powder, or crushed nuts for texture and flavor. 4. **Place** truffles on a tray and refrigerate for 30 minutes to firm up.

**TIPS:** Store in an airtight container in the refrigerator for up to 1 week. Freeze for up to 2 months, thawing in the fridge before serving. Soften dates in warm water for 5–10 minutes if too dry.

**CALORIES: 90** **PROTEIN: 4g** **CARBS: 11g** **FAT: 5g** **FIBER: 2g** **SUGAR: 7g**

## Apple & White Bean Cinnamon Bake



**Prep**  
10 Mins



**Time**  
40 Mins



**Servings**  
6



**Level**  
Easy

This dessert provides plant-based protein from white beans, supporting muscle maintenance and satiety. Apples and oats supply fiber and antioxidants, helping support digestion and cardiovascular health. Healthy fats from almond butter and optional nuts contribute to heart health and assist in absorption of fat-soluble nutrients.



### INGREDIENTS

2 cups cooked white beans  
3 medium apples  
½ cup almond or soy milk  
2 tbsp maple syrup  
1 tsp cinnamon  
½ tsp nutmeg  
1 tsp vanilla extract  
½ cup rolled oats  
2 tbsp almond/cashew butter  
Pinch of salt

### DIRECTIONS

1. **Preheat** oven to 180°C (350°F). Lightly grease a small baking dish. 2. **Combine** white beans, almond milk, maple syrup, cinnamon, nutmeg, vanilla, and salt in a food processor. Blend until smooth. 3. **Spread** half of the apple chunks in the baking dish. 4. **Pour** half of the white bean mixture over apples. 5. **Repeat** with the remaining apples and white bean mixture. 6. **Sprinkle** oats over the top and dot with almond butter. Add optional nuts or coconut flakes. 7. **Bake** 35–40 minutes until firm, golden on top.

**TIPS:** Refrigerate in an airtight container for up to 4 days. Can be reheated gently in the oven or microwave before serving. Serve with unsweetened soy or almond yogurt.

**CALORIES: 160    PROTEIN: 7g    CARBS: 25g    FAT: 4g    FIBER: 5g    SUGAR: 10g**

## Vanilla Soy Yogurt Cheesecake Parfaits



**Prep**  
10 Mins



**Time**  
30 Mins



**Servings**  
4



**Level**  
Easy

This dessert delivers high-quality plant protein from soy yogurt and tofu, supporting muscle health and satiety. Berries provide antioxidants and vitamin C, which help protect cells and support immune function. Oats and seeds contribute fiber, magnesium, and heart-healthy fats that support digestion and cardiovascular health.



### INGREDIENTS

**Cheesecake Layer:** 2 cups unsweetened soy yogurt  
½ cup silken tofu  
2 tbsp maple syrup  
1 tsp vanilla extract  
1 tbsp lemon juice  
Pinch of salt  
**Parfait Layers:** ½ cup rolled oats  
1 tbsp ground flaxseed or chia seeds  
1 cup soft berries  
almonds, walnuts, coconut flakes

### DIRECTIONS

1. **Blend** soy yogurt, silken tofu, maple syrup, vanilla, lemon juice, and salt until smooth and creamy. 2. **Mix** oats with ground flaxseed or chia seeds. 3. **Layer** oat mixture, cheesecake cream, and berries in small jars or glasses. Repeat layers and finish with berries and optional nuts. 4. **Refrigerate** for 30 minutes for a firmer texture, or serve immediately.

**TIPS:** Store covered in the refrigerator for up to 3–4 days. For extra thickness, drain yogurt in a sieve for 1–2 hours before blending. Swap oats with crushed whole-grain crackers or almond meal. Replace berries with soft peaches, mango, or stewed apples.

**CALORIES: 180    PROTEIN: 11g    CARBS: 22g    FAT: 5g    FIBER: 4g    SUGAR: 9g**

# WEEKLY MEAL

WEEK : \_\_\_\_\_

DATE : \_\_\_\_\_

## MONDAY

- B** Peanut Butter Banana Oatmeal p.20
- L** Chickpea Salad with Tahini Dressing p.33
- D** Baked Tofu with Herb Gravy p.58
- D** Baked Cinnamon Apples p.70

## TUESDAY

- B** Chia Pudding with Berries p.20
- L** Lentil & Vegetable Soup p.32
- D** Chickpea & Spinach Coconut Curry p.60
- D** Banana Peanut Butter Cookies p.71

## WEDNESDAY

- B** Avocado Toast with Beans p.21
- L** Chickpea & Tomato Soup p.38
- D** Lentil Pasta with Tomato Sauce p.61
- D** Vegan Protein Rice Pudding p.70

## THURSDAY

- B** Rice Cakes with Hummus p.21
- L** White Bean & Cauliflower Soup p.37
- D** Tofu & Mushroom Stroganoff p.62
- D** Tofu Lemon Cheesecake Cups p.71

## FRIDAY

- B** Quinoa Bowl with Almonds p.22
- L** Black Bean & Avocado Wrap p.34
- D** Lentil & Vegetable Shepherd's Pie p.59
- D** Date & Walnut Protein Bites p.72

## SATURDAY

- B** Chickpea Flour Veggie Pancakes p.22
- L** White Bean & Herb Vegetable Soup p.39
- D** Classic Vegan Lentil Lasagna p.67
- D** Warm Berry Crumble p.72

## SUNDAY

- B** Overnight Oats with Soy Yogurt p.23
- L** Hummus & Roasted Vegetable Wrap p.40
- D** Black Bean & Sweet Potato Casserole p.63
- D** Chocolate Chickpea Brownies p.73

## WATER IN TAKE



## SHOPPING LIST

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# WEEKLY MEAL

WEEK : \_\_\_\_\_

DATE : \_\_\_\_\_

## MONDAY

- B** Warm Buckwheat Porridge p.23
- L** Tofu "Egg-Style" Salad Wrap p.41
- D** Baked Lentil Loaf with Mushroom Gravy p.65
- D** Silken Tofu Chocolate Mousse p.76

## TUESDAY

- B** Chickpea Toast Tahin p.24
- L** Lentil & Vegetable Comfort Soup p.32
- D** Tofu "Ricotta" Pasta Bake p.64
- D** Vegan Custard with Soy Milk p.74

## WEDNESDAY

- B** Vegan Yogurt Parfait with Seeds p.24
- L** Chickpea Salad with Tahini Dressing p.33
- D** White Bean & Mushroom Pie p.66
- D** Soft Lentil Chocolate Cake p.76

## THURSDAY

- B** Tofu and Sweet Potato Hash p.25
- L** Black Bean & Avocado Wrap p.34
- D** Chickpea & Spinach Coconut Curry p.60
- D** Peanut Butter Chocolate Chia Cups p.75

## FRIDAY

- B** Tempeh Crumble with Vegetables p.25
- L** Creamy Red Lentil Dal with Spinach p.36
- D** Lentil Pasta with Creamy Tomato Sauce p.61
- D** Silken Tofu Berry Whip p.75

## SATURDAY

- B** Mung Bean Egg-Free Omelet p.26
- L** Chickpea & Tomato Soup p.38
- D** Tofu & Mushroom Stroganoff p.62
- D** Soy Yogurt Chocolate Dip p.73

## SUNDAY

- B** Tofu Scramble with Spinach p.26
- L** White Bean & Vegetable Soup p.39
- D** Lentil & Vegetable Shepherd's Pie p.59
- D** Almond Butter Banana Pudding p.74

## WATER IN TAKE



## SHOPPING LIST

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# WEEKLY MEAL

WEEK : \_\_\_\_\_

DATE : \_\_\_\_\_

## MONDAY

- B** Tofu Bowl with Tomatoes & Chives p.27
- L** Chickpea Salad with Tahini p.33
- D** Black Bean & Sweet Potato Casserole p.63
- D** Warm Berry Crumble p.72

## TUESDAY

- B** Vanilla Protein Millet Pudding p.27
- L** Lentil Comfort Soup p.32
- D** Baked Tofu with Herb Gravy p.58
- D** Apple & White Bean Cinnamon Bake p.79

## WEDNESDAY

- B** Rice Porridge with Soy Milk p.28
- L** Hummus & Roasted Vegetable Wrap p.40
- D** Classic Vegan Lentil Lasagna p.67
- D** Tahini Date Oat Truffles p.78

## THURSDAY

- B** Polenta Bowl with Tofu Crumbles p.28
- L** Creamy White Bean Soup p.37
- D** Tofu "Ricotta" Pasta Bake p.64
- D** Soy Milk Panna Cotta with Berry p.78

## FRIDAY

- B** Savory Lentil Breakfast Waffles p.29
- L** Tofu "Egg-Style" Salad Wrap p.41
- D** Chickpea & Spinach Coconut Curry p.60
- D** Creamy Tofu Pumpkin Pie Cups p.77

## SATURDAY

- B** High-Protein Buckwheat Pancakes p.29
- L** Chickpea & Tomato Soup p.38
- D** Red Lentil Pasta p.61
- D** Peanut Butter Oat Energy Squares p.77

## SUNDAY

- B** Overnight Oats with Soy Yogurt p.23
- L** Black Bean & Avocado Wrap p.34
- D** Lentil & Vegetable Shepherd's Pie p.59
- D** Vanilla Soy Yogurt Cheesecake Parfaits p.79

## WATER IN TAKE



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# WEEKLY MEAL

WEEK : \_\_\_\_\_

DATE : \_\_\_\_\_

## MONDAY

- B** Peanut Butter Banana Oatmeal p.20
- L** Chickpea Salad with Tahini p.33
- D** Baked Tofu with Herb Gravy p.65
- D** Peanut Butter Chocolate Chia Cups p.75

## TUESDAY

- B** Chia Pudding with Soy Milk and Berries p.20
- L** Lentil Comfort Soup p.32
- D** Tofu & Mushroom Stroganoff p.62
- D** Date & Walnut Protein Bites p.72

## WEDNESDAY

- B** Avocado Toast with Hemp Seeds & Beans p.21
- L** Chickpea & Tomato Soup p.38
- D** Red Lentil Pasta p.61
- D** Banana Peanut Butter Soft Cookies p.71

## THURSDAY

- B** Quinoa Breakfast Bowl with Almonds p.22
- L** Creamy Red Lentil Dal p.36
- D** Black Bean & Sweet Potato Casserole p.63
- D** Silken Tofu Chocolate Mousse p.76

## FRIDAY

- B** Chickpea Flour Veggie Pancakes p.22
- L** White Bean Soup p.39
- D** Classic Vegan Lentil Lasagna p.67
- D** Almond Butter Banana Pudding p.74

## SATURDAY

- B** Buckwheat Porridge with Walnuts p.23
- L** Hummus & Roasted Vegetable Wrap p.40
- D** Tofu "Ricotta" Pasta Bake p.64
- D** Chocolate Chickpea Brownies p.73

## SUNDAY

- B** Tempeh Breakfast Crumble p.25
- L** Tofu "Egg-Style" Salad Wrap p.41
- D** Chickpea & Spinach Coconut Curry p.60
- D** Vegan Custard with Vanilla p.74

## WATER IN TAKE



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# KITCHEN CONVERSION CHART

LIQUID MEASURES				
FLUID OZ	CUP	PINT	QUART	GALLON
8	1	1/2	1/4	1/16
16	2	1	1/2	1/8
32	4	2	1	1/4
64	8	4	2	1/2
128	16	8	4	1

DRY MEASURES			
GRAM	TEASPOON	TABLESPOON	CUP
14	3	1	1/16
29	6	2	1/8
57	12	4	1/4
114	24	8	1/2
171	36	12	3/4
229	48	16	1

OVEN TEMPERATURES					
°C	120	160	180	205	220
°F	250	320	350	400	425

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