

PLANT • FUEL • THRIVE

FREE SAMPLE

Healthy  
Food  
Happier  
You  
♡

# THE HIGH-PROTEIN VEGAN BLUEPRINT

30 Days of Easy Plant-Based Meals  
for Strength, Energy & Better Nutrition

50+  
DELICIOUS  
RECIPES



30-DAY  
MEAL PLAN



GROCERY  
LISTS



MEAL PREP  
GUIDE



PRINTABLE  
TRACKERS



& MUCH  
MORE



EAT WELL • FEEL STRONG • LIVE BETTER

FREE SAMPLE

# Welcome to your free sample

Three recipes, a signature sauce, a grocery list and a peek at the 30-day plan.



Thank you for downloading this free sample from The High-Protein Vegan Blueprint. It shows how the full book works: pick a protein anchor, build a balanced plate, and repeat meals you enjoy.

## What's in this sample

- **3 full recipes:** a breakfast, a lunch bowl and a dinner chili, each with a protein badge and a make-it-better tip
- **1 signature sauce:** the lemon-tahini dressing used in the full book
- **Week 1 grocery list** with tick boxes
- **Protein cheat sheet:** best plant protein sources per 100 g
- **Week 1 of the 30-day plan** with estimated daily protein

## The 5-step high-protein plate

1

Choose a protein anchor

2

Add a smart carb

3

Fill up on plants

4

Add flavor

5

Finish with healthy fat

50

recipes

30

day plan

8

signature sauces

48

pages

The full book gives you all of this, every day, for 30 days.

# Three recipes to try today

2

## Tofu Scramble

BREAKFAST · 10 min · Serves 2

22

g protein

### INGREDIENTS

- 250 g firm tofu
- 1 cup spinach
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1 tbsp nutritional yeast (optional)
- Salt and pepper

### METHOD

Crumble tofu. Sauté with spices for 5–6 minutes. Add spinach and cook until wilted. Serve with whole-grain toast.

**Make it better:** Pat the tofu dry first. Less water means a firmer, more egg-like scramble.

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## Chickpea Quinoa Salad

LUNCH · 20 min · Serves 2

20

g protein

### INGREDIENTS

- 1 cup cooked quinoa
- 1 cup cooked chickpeas
- Cucumber
- Tomato
- Parsley/cilantro
- Lemon-tahini dressing

### METHOD

Combine all ingredients. Toss with dressing.

**Make it better:** Rinse quinoa well to remove bitterness and dress the salad just before serving.

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## Three-Bean Chili

DINNER · 35 min · Serves 4

20

g protein

### INGREDIENTS

- 1 cup kidney beans
- 1 cup black beans
- 1 cup chickpeas
- 400 g tomatoes
- Onion
- Chili
- Cumin

### METHOD

Sauté onion. Add all ingredients and simmer 20–25 minutes. Serve with rice or baked potato.

**Make it better:** Tastes even better the next day. Make a double batch and freeze half.



### Protein Boost

Need more protein in a portion? Add tofu, edamame, soy milk or lentils.

# Signature sauce

## Lemon-Tahini Dressing

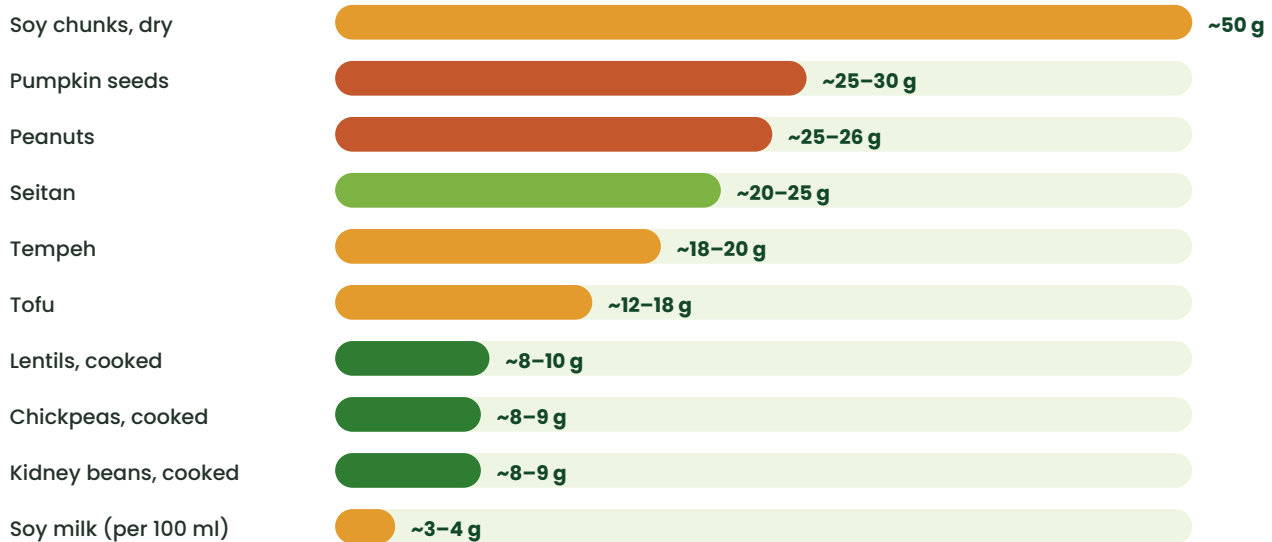
**Ingredients:** 3 tbsp tahini · 3 tbsp lemon juice · 1 small garlic clove, grated · 3 to 4 tbsp water · pinch of salt

**Method:** Whisk until smooth and pourable.

**Pairs with:** Recipe 8, salads & bowls

## Protein cheat sheet

Approximate protein per 100 g (soy milk per 100 ml). Check your product labels.



 Soy foods    Legumes    Seeds & nuts    Wheat protein



### Good to know

Plant proteins vary by brand and preparation. These are typical ranges, not exact values.

# Week 1 grocery list

☐ Tofu 1–1.5 kg

☐ Dry soy chunks 500 g

☐ Lentils 750 g

☐ Chickpeas/beans 1.5 kg cooked equivalent

☐ Soy milk 2–3 L

☐ Oats 500 g

☐ Rice/quinoa 1 kg

☐ Mixed vegetables 2–3 kg

☐ Fruit 1.5–2 kg

☐ Peanuts/seeds 400 g

## A peek at the plan: Week 1

Estimated protein adds up approximate per-serving values from each recipe (bread, rice and roti not counted).

| Day | Breakfast              | Snack 1               | Lunch                 | Snack 2           | Dinner                 | ~Protein |
|-----|------------------------|-----------------------|-----------------------|-------------------|------------------------|----------|
| 1   | Overnight Oats         | Berry Soy Yogurt      | Tofu Burrito Bowl     | Roasted Chickpeas | Lentil Pasta Bolognese | 99 g     |
| 2   | Tofu Scramble + Toast  | Edamame               | Soy Keema Wrap        | Soy Yogurt Bowl   | Tofu Tikka Bowl        | 108 g    |
| 3   | Peanut-Banana Smoothie | Energy Bite           | Chickpea Quinoa Salad | Hummus Plate      | Three-Bean Chili       | 82 g     |
| 4   | Moong Dal Cheela       | Fruit + Pumpkin Seeds | Rajma Protein Bowl    | Edamame           | Tempeh Stir-Fry        | 89 g     |
| 5   | Besan Tofu Chilla      | Soy Yogurt Bowl       | Peanut Tofu Noodles   | Roasted Chickpeas | Masoor Dal & Tofu      | 97 g     |
| 6   | Protein Pancakes       | Soy Milk + Fruit      | Chana Chaat + Roti    | Energy Bite       | Soy Chunk Pulao        | 73 g     |
| 7   | High-Protein Poha      | Edamame               | Tofu Kathi Roll       | Hummus Plate      | Chickpea Curry + Rice  | 90 g     |

NEXT STEP

## Ready for the full 30 days?

Get every recipe, sauce, list and tracker in one instant-download PDF.



### The full book includes

- **50 high-protein vegan recipes** with protein badges and tips
- **30-day meal plan** with estimated daily protein
- **8 signature sauces**, weekly grocery lists and a 12-spice flavor kit
- **60-minute meal prep system** and 10-minute emergency meals
- **Printable trackers**, a 7-day beginner challenge and US conversions

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#### Questions?

Email [bs441539@gmail.com](mailto:bs441539@gmail.com). We are happy to help.

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