

A dark, artistic photograph of a vegan meal. In the center, a white bowl of oatmeal topped with a sprig of mint sits on a light blue plate. To the left of the bowl are two slices of baked tofu. In front of the bowl is a pile of chickpea salad. To the right are green peas in their pods. The plate is surrounded by various vegetables, including sliced bell peppers and shredded purple cabbage. In the background, a glass of pink plant-based milk is visible with the text "plant-powered goodness" written on it. The entire scene is set on a light-colored wooden table with some fresh herbs scattered around.

# **Vegan & Vegetarian Protein Guide**

# Why This Guide Exists

You're smashing your steps, trying to eat clean, but still feel like you're winging it with protein? This guide gives you 10 vegetarian and 10 vegan protein sources — each with their cals, macros, and meal inspo — so you can actually feel full, build lean muscle, and stay on track.



# Vegetarian Protein Options (w/ Macros & Meal Ideas)

1

## Cottage Cheese (low-fat, 150g)



120 kcal | 16g P | 3g F | 6g C

→ Mixed into oats, stuffed in peppers, or on toast

2

## Eggs (2 medium)



140 kcal | 12g P | 10g F | 1g C

→ Omelette, egg muffins, or added to ramen

3

## Quark (100g)



70 kcal | 12g P | 0.3g F | 4g C

→ As a yoghurt alternative, in smoothies, or on pancakes

1

## Skyr/Yoghurt (150g, plain)



100 kcal | 15g P | 0g F | 6g C

→ With berries & PB, frozen bark, or in dips

2

## Halloumi (50g grilled)



160 kcal | 11g P | 13g F | 1g C

→ In wraps, with roast veg, or on skewers

3

## Paneer (50g)



145 kcal | 11g P | 11g F | 2g C

→ In curry, on naan pizza, or pan-fried salad topper

## Tempeh (100g)



195 kcal | 19g P | 11g F | 9g C

→ In stir fries, wraps, or marinated & air fried

## Cheese Strings (2 sticks)



126 kcal | 10g P | 8g F | 1g C

→ On-the-go snack, chopped in salad, or protein kid snack

## Milk (semi-skimmed, 250ml)



113 kcal | 9g P | 4g F | 11g C

→ In porridge, smoothies, or hot chocolate

## Greek Yoghurt (100g full fat)



100 kcal | 10g P | 5g F | 3g C

→ With honey & granola, tzatziki, or fruit bowl base



# Vegan Protein Sources

Same layout, same energy.



# Vegan Protein Options (w/ Macros & Meal Ideas)

1

## Tofu (firm, 100g)



144 kcal | 15g P | 9g F | 2g C

→ Crispy tofu cubes, curry topper, or scrambled tofu

2

## Tempeh (100g)



195 kcal | 19g P | 11g F | 9g C

→ BBQ skewers, nourish bowls, or Thai-style wraps

3

## Lentils (cooked, 150g)



180 kcal | 12g P | 0.8g F | 30g C

→ Dahl, veggie shepherd's pie, or lentil salad

1

## Chickpeas (cooked, 150g)



240 kcal | 12g P | 4g F | 35g C

→ Roasted snack, falafels, or chickpea curry

2

## Black Beans (cooked, 150g)



210 kcal | 11g P | 1g F | 33g C

→ Mexican bowls, chilli, or smashed on toast

3

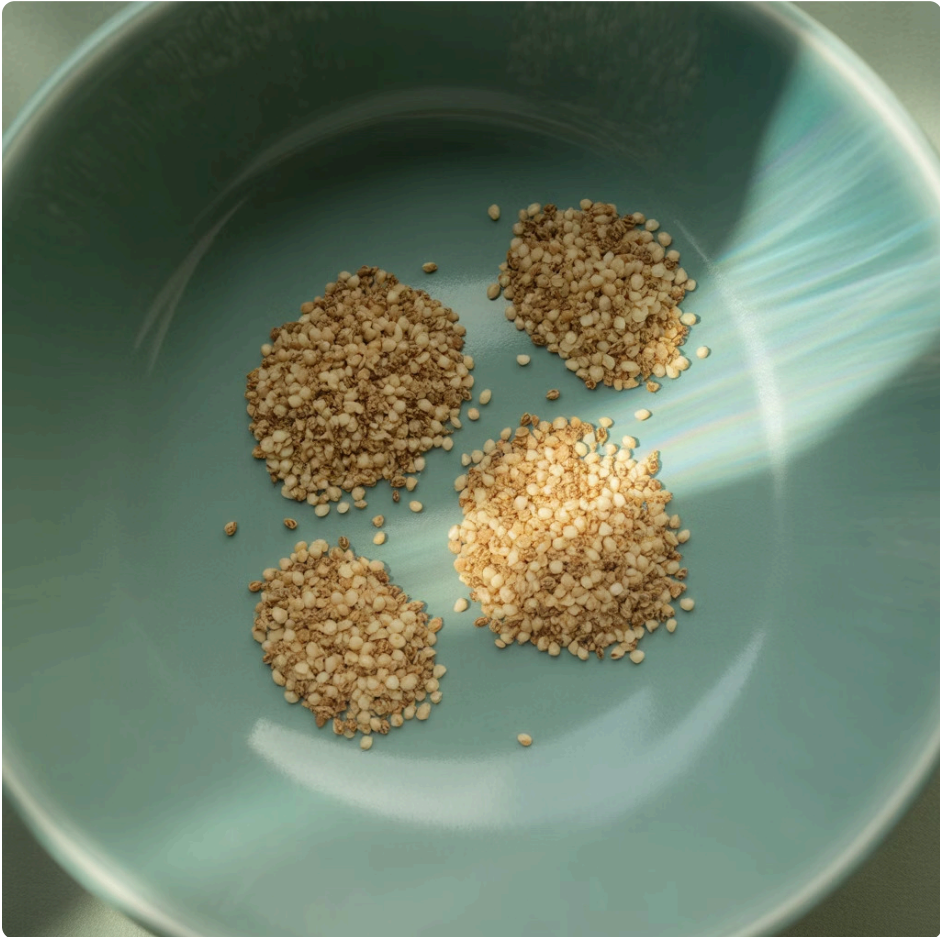
## Vegan Protein Powder (1 scoop)



110 kcal | 21g P | 2g F | 1g C

→ Smoothies, oats, or pancake batter

## Hemp Seeds (3 tbsp)



170 kcal | 10g P | 14g F | 2g C

→ Sprinkled on yoghurt, stirred into porridge, or added to salads

## Edamame (150g cooked)



180 kcal | 17g P | 7g F | 9g C

→ Snack pot, side dish, or edamame hummus

## Seitan (100g)



120 kcal | 21g P | 2g F | 4g C

→ Stir-fried, added to pasta, or served with veg + tahini

## Peanut Butter (1 tbsp)



95 kcal | 4g P | 8g F | 2g C

→ On toast, in shakes, or with banana



# DIY Plant-Based Protein Builder

Create your own high-protein plant meal by mixing & matching:

Protein Base	Carb Source	Veggies	Fat Source	Sauce or Flavour
Tofu	Couscous	Courgette	Avocado	Tahini & lemon
Chickpeas	Wholegrain wrap	Peppers	Olive oil	Harissa hummus
Tempeh	Noodles	Broccoli	Sesame oil	Soy/ginger mix

# Quick Vegan/Vegetarian Snacks (Under 250 kcals + 10g+ Protein)



## Protein Bar

Misfits, MyVegan, Form



## Rice Cakes

Rice cakes + PB + hemp seeds



## Roasted Chickpeas

Seasoned and crispy

## Yoghurt Protein Bowl

Skyr (veg) or plant yoghurt + vegan protein + berries



## Edamame & Nut Mix

Mini edamame + nut pot



# **You've got the swaps — now get the structure.**

**DM me "PLANTS" on Instagram  
@connagh92**

**Book your free plant-based fat  
loss call**

→ [\[Calendly Link\]](#)