









HIGH-PROTEIN VEGETARIAN SALADS

RECIPE	PROTEIN
 A bowl of salad featuring white rice, chickpeas, sliced cucumbers, cherry tomatoes, and a drizzle of dressing.	24 Grams
 A bowl of salad with quinoa, edamame, cashews, shredded carrots, and sliced cucumbers.	30 Grams
 A bowl of salad with quinoa, chickpeas, mango, and green peas.	20.5 Grams
 A bowl of noodle salad with green peas, shredded carrots, and purple cabbage.	25 Grams
 A plate of pan-fried tempeh strips served with steamed broccoli.	25 Grams

HIGH-PROTEIN VEGETARIAN SOUPS

RECIPE	PROTEIN
	19.2 Grams
	15 Grams
	20 Grams

HIGH-PROTEIN VEGETARIAN BOWLS

	RECIPE	PROTEIN
	Soba Noodle Bowl	20.9 Grams
	Crunchy Roll Bowls	23.5 Grams
	Sweet Potato Quinoa Bowl	28 Grams
	Sheet Pan Tofu, Chickpeas & Butternut Squash	22 Grams
	Falafel Bowls	20 Grams
	Tempeh Taco Salad Meal Prep Bowls	22 Grams
	Tofu Stir-Fry	24 Grams