



	BREAKFAST	LUNCH	DINNER
Mon ~190g protein	Mega protein oats 80g oats, soya milk, 2 scoops protein, PB, banana, walnuts	Tofu & quinoa power bowl 250g tofu, quinoa, avocado, edamame, tahini, seeds	Seitan stir-fry 200g seitan, noodles, broccoli, cashews, hoisin-soy
Tue ~185g protein	Big tofu scramble 250g tofu, 3 toast, beans, avocado, nutritional yeast	Tempeh rice bowl 200g tempeh, rice, black beans, corn, guac, lime	High-protein bolognese Soya mince & lentils, wholewheat pasta, garlic bread
Wed ~180g protein	Triple-berry mass smoothie Soya milk, 2 scoops protein, oats, PB, banana, dates	Loaded falafel bowl Falafel, hummus, quinoa, roast veg, tahini, pitta	Tofu katsu curry 250g crispy tofu, rice, curry sauce, edamame, slaw
Thu ~195g protein	Protein pancakes Oat & protein batter, soya yogurt, berries, PB, syrup	Chickpea & tofu traybake Tofu, chickpeas, potatoes, peppers, tahini drizzle	Black bean chilli Soya mince, 3 beans, rice, avocado, vegan cheese
Fri ~180g protein	Savoury tofu & beans 200g tofu, baked beans, mushrooms, 2 toast, avocado	Peanut tempeh noodles Tempeh, rice noodles, edamame, crunchy veg, peanut sauce	Seitan & sweet potato mash 200g seitan, mash, gravy, greens, peas
Sat ~175g protein	Big smoothie bowl Banana, oats, protein, granola, PB, seeds, soya yogurt	Double bean burrito Soya mince, beans, rice, guac, salsa, big wrap	Tofu & cashew curry 250g tofu, cashews, chickpeas, rice, naan
Sun ~185g protein	French toast stack Protein custard, thick bread, soya yogurt, berries, PB	Loaded vegan roast Seitan/nut roast, potatoes, veg, beans, gravy	Tempeh fried rice 200g tempeh, rice, peas, edamame, cashews, soy

SNACKS TO TOP UP

2-scoop shake with oats · PB & banana on bagel · trail mix · soya yogurt & granola · roasted edamame · protein flapjack · hummus & pitta.

PREP ONCE, EAT ALL WEEK

Batch-cook rice & quinoa · press & bake big tofu trays · cook a seitan loaf · keep blended shakes ready. Eat in a slight **surplus** — add a shake on training days.

HIT YOUR NUMBERS

Aim **1.6–2.2g protein/kg**. A scoop adds ~25g, 250g tofu ~38g, 200g seitan ~50g. Spread protein across **4–5 meals** for the best growth response.